

Luella Summer Track Conditioning Schedule (9AM-11AM). All workouts are optional, meet at the Football Field

# June 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Summer Practice 1	4	5 Summer Practice 2	6	7	8
9	10 Summer Practice 3	11	12 Summer Practice 4	13	14	15
16	17 Summer Practice 5	18	19 Summer Practice 6	20	21	22
23	24 Summer Practice 7	25	26 Summer Practice 8	27	28	29
30						



# July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>NO PRACTICE THIS Week</b>	1	2	3	4	5	6
7	8 Summer Practice 9	9	10 Summer Practice 10	11	12	13
14	15 Summer Practice 11	16	17 Summer Practice 12	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Sign-up for Remind: Text the number 81010 with the code @20lhstrack (Coach Keaton, Coach Dean, Coach Bell)