



# JUNE 2022 Summer Performance Schedule



**PHYSICALS** - ALL athletes MUST have an up-to-date original physical turned in to their head coach  
NO LATER THAN July 1st, 2022

**FAMILY ID** - This is our student-athlete online software. This is MANDATORY for ALL student-athletes.  
This registration must be completed in full, with your physical uploaded, NO LATER THAN July 1st, 2022.  
Restrator for the 2022-2023 school year can begin on June 1st, 2022.

**Group Workouts** - Boys and Girls workout together in several stations. Workouts are focused on strength, speed, core, and agility.

**Open Field and Gym dates** - Athletes are encouraged to attend all dates for their respective sports.

**Team Camps** - Athletes need to attend these camps when offered, and may be made mandatory via the head coach.

**Personal Vacations, Church camps, etc.** - Please let coaches know if these will affect your attendance at summer performance.

**Memorial Day (May 30th, 2022)** - All athletic facilities closed

**OSSAA Dead Period (NO WORKOUTS)** - July 2nd-10th, 2022

**Fridays** - Off days throughout the summer. Can be used as an added individual sport day periodically if head coach deems necessary.

## WEEK ONE - (June 6-9, 2022)

GROUP	ACTIVITY	DATE	DAY	TIME	DROP OFF/MEET
HIGH SCHOOL Athletes (9th-12th)	Group Workout	6/6/22	Monday	7:30am-8:45am	MHS Practice Gym
JUNIOR HIGH Athletes (6th-8th)	Group Workout	6/6/22	Monday	8:45am-10:00am	MHS Practice Gym
HS Girls Basketball	Open Gym	6/6/22	Monday	9:00am-10:00am	MAC
JH Girls Basketball (6th-8th)	Open Gym	6/6/22	Monday	10:00am-11:00am	MAC
HIGH SCHOOL Athletes (9th-12th)	Open Weightroom	6/7/22	Tuesday	7:00am-8:00am	Weightroom
JUNIOR HIGH Athletes (6th-8th)	Open Weightroom	6/7/22	Tuesday	8:00am-9:00am	Weightroom
HS Football	Open Field	6/7/22	Tuesday	9:15am-10:15am	Craig Field
JH Boys Basketball (6th-8th)	Open Gym	6/7/22	Tuesday	9:15am-10:15am	MAC
JH Football (7th & 8th)	Open Field	6/7/22	Tuesday	10:30am-11:30am	Craig Field
HS Boys Basketball	Open Gym	6/7/22	Tuesday	10:30am-11:30am	MAC
HIGH SCHOOL Athletes (9th-12th)	Group Workout	6/8/22	Wednesday	7:30am-8:45am	MHS Practice Gym
JUNIOR HIGH Athletes (6th-8th)	Group Workout	6/8/22	Wednesday	8:45am-10:00am	MHS Practice Gym
HS Girls Basketball	Open Gym	6/8/22	Wednesday	9:00am-10:00am	MAC
JH Girls Basketball (6th-8th)	Open Gym	6/8/22	Wednesday	10:00am-11:00am	MAC
HIGH SCHOOL Athletes (9th-12th)	Open Weightroom	6/9/22	Thursday	7:00am-8:00am	Weightroom
JUNIOR HIGH Athletes (6th-8th)	Open Weightroom	6/9/22	Thursday	8:00am-9:00am	Weightroom
HS Football	Open Field	6/9/22	Thursday	9:15am-10:15am	Craig Field
JH Boys Basketball (6th-8th)	Open Gym	6/9/22	Thursday	9:15am-10:15am	MAC
JH Football (7th & 8th)	Open Field	6/9/22	Thursday	10:30am-11:30am	Craig Field
HS Boys Basketball	Open Gym	6/9/22	Thursday	10:30am-11:30am	MAC

## WEEK TWO - (June 13-16, 2022)

GROUP	ACTIVITY	DATE	DAY	TIME	DROP OFF/MEET
HIGH SCHOOL Athletes (9th-12th)	Group Workout	6/13/22	Monday	7:30am-8:45am	MHS Practice Gym
JUNIOR HIGH Athletes (6th-8th)	Group Workout	6/13/22	Monday	8:45am-10:00am	MHS Practice Gym
HS Girls Basketball	Open Gym	6/13/22	Monday	9:00am-10:00am	MAC
JH Girls Basketball (6th-8th)	Open Gym	6/13/22	Monday	10:00am-11:00am	MAC
HIGH SCHOOL Athletes (9th-12th)	Open Weightroom	6/14/22	Tuesday	7:00am-8:00am	Weightroom
JUNIOR HIGH Athletes (6th-8th)	Open Weightroom	6/14/22	Tuesday	8:00am-9:00am	Weightroom
HS Football	Open Field	6/14/22	Tuesday	9:15am-10:15am	Craig Field
JH Boys Basketball (6th-8th)	Open Gym	6/14/22	Tuesday	9:15am-10:15am	MAC
JH Football (7th & 8th)	Open Field	6/14/22	Tuesday	10:30am-11:30am	Craig Field
HS Boys Basketball	Open Gym	6/14/22	Tuesday	10:30am-11:30am	MAC
HIGH SCHOOL Athletes (9th-12th)	Group Workout	6/15/22	Wednesday	7:30am-8:45am	MHS Practice Gym
JUNIOR HIGH Athletes (6th-8th)	Group Workout	6/15/22	Wednesday	8:45am-10:00am	MHS Practice Gym
HS Girls Basketball	Open Gym	6/15/22	Wednesday	9:00am-10:00am	MAC
JH Girls Basketball (6th-8th)	Open Gym	6/15/22	Wednesday	10:00am-11:00am	MAC
HIGH SCHOOL Athletes (9th-12th)	Open Weightroom	6/16/22	Thursday	7:00am-8:00am	Weightroom
JUNIOR HIGH Athletes (6th-8th)	Open Weightroom	6/16/22	Thursday	8:00am-9:00am	Weightroom
HS Football	Open Field	6/16/22	Thursday	9:15am-10:15am	Craig Field
JH Boys Basketball (6th-8th)	Open Gym	6/16/22	Thursday	9:15am-10:15am	MAC
JH Football (7th & 8th)	Open Field	6/16/22	Thursday	10:30am-11:30am	Craig Field
HS Boys Basketball	Open Gym	6/16/22	Thursday	10:30am-11:30am	MAC

## WEEK THREE - (June 20-23, 2022)

GROUP	ACTIVITY	DATE	DAY	TIME	DROP OFF/MEET
HIGH SCHOOL Athletes (9th-12th)	Group Workout	6/20/22	Monday	7:30am-8:45am	MHS Practice Gym
JUNIOR HIGH Athletes (6th-8th)	Group Workout	6/20/22	Monday	8:45am-10:00am	MHS Practice Gym
HS Girls Basketball	Open Gym	6/20/22	Monday	9:00am-10:00am	MAC
JH Girls Basketball (6th-8th)	Open Gym	6/20/22	Monday	10:00am-11:00am	MAC
HIGH SCHOOL Athletes (9th-12th)	Open Weightroom	6/21/22	Tuesday	7:00am-8:00am	Weightroom
JUNIOR HIGH Athletes (6th-8th)	Open Weightroom	6/21/22	Tuesday	8:00am-9:00am	Weightroom
HS Football	Open Field	6/21/22	Tuesday	9:15am-10:15am	Craig Field
JH Boys Basketball (6th-8th)	Open Gym	6/21/22	Tuesday	9:15am-10:15am	MAC
JH Football (7th & 8th)	Open Field	6/21/22	Tuesday	10:30am-11:30am	Craig Field
HS Boys Basketball	Open Gym	6/21/22	Tuesday	10:30am-11:30am	MAC
HIGH SCHOOL Athletes (9th-12th)	Group Workout	6/22/22	Wednesday	7:30am-8:45am	MHS Practice Gym
JUNIOR HIGH Athletes (6th-8th)	Group Workout	6/22/22	Wednesday	8:45am-10:00am	MHS Practice Gym
HS Girls Basketball	Open Gym	6/22/22	Wednesday	9:00am-10:00am	MAC
JH Girls Basketball (6th-8th)	Open Gym	6/22/22	Wednesday	10:00am-11:00am	MAC
HIGH SCHOOL Athletes (9th-12th)	Open Weightroom	6/23/22	Thursday	7:00am-8:00am	Weightroom
JUNIOR HIGH Athletes (6th-8th)	Open Weightroom	6/23/22	Thursday	8:00am-9:00am	Weightroom
HS Football	Open Field	6/23/22	Thursday	9:15am-10:15am	Craig Field
JH Boys Basketball (6th-8th)	Open Gym	6/23/22	Thursday	9:15am-10:15am	MAC
JH Football (7th & 8th)	Open Field	6/23/22	Thursday	10:30am-11:30am	Craig Field
HS Boys Basketball	Open Gym	6/23/22	Thursday	10:30am-11:30am	MAC

## WEEK FOUR - (June 27-30, 2022)

GROUP	ACTIVITY	DATE	DAY	TIME	DROP OFF/MEET
HIGH SCHOOL Athletes (9th-12th)	Group Workout	6/27/22	Monday	7:30am-8:45am	MHS Practice Gym
JUNIOR HIGH Athletes (6th-8th)	Group Workout	6/27/22	Monday	8:45am-10:00am	MHS Practice Gym
HS Girls Basketball	Open Gym	6/27/22	Monday	9:00am-10:00am	MAC
JH Girls Basketball (6th-8th)	Open Gym	6/27/22	Monday	10:00am-11:00am	MAC
HIGH SCHOOL Athletes (9th-12th)	Open Weightroom	6/28/22	Tuesday	7:00am-8:00am	Weightroom
JUNIOR HIGH Athletes (6th-8th)	Open Weightroom	6/28/22	Tuesday	8:00am-9:00am	Weightroom
HS Football	Open Field	6/28/22	Tuesday	9:15am-10:15am	Craig Field
JH Boys Basketball (6th-8th)	Open Gym	6/28/22	Tuesday	9:15am-10:15am	MAC
JH Football (7th & 8th)	Open Field	6/28/22	Tuesday	10:30am-11:30am	Craig Field
HS Boys Basketball	Open Gym	6/28/22	Tuesday	10:30am-11:30am	MAC
HIGH SCHOOL Athletes (9th-12th)	Group Workout	6/29/22	Wednesday	7:30am-8:45am	MHS Practice Gym
JUNIOR HIGH Athletes (6th-8th)	Group Workout	6/29/22	Wednesday	8:45am-10:00am	MHS Practice Gym
HS Girls Basketball	Open Gym	6/29/22	Wednesday	9:00am-10:00am	MAC
JH Girls Basketball (6th-8th)	Open Gym	6/29/22	Wednesday	10:00am-11:00am	MAC
HIGH SCHOOL Athletes (9th-12th)	Open Weightroom	6/30/22	Thursday	7:00am-8:00am	Weightroom
JUNIOR HIGH Athletes (6th-8th)	Open Weightroom	6/30/22	Thursday	8:00am-9:00am	Weightroom
HS Football	Open Field	6/30/22	Thursday	9:15am-10:15am	Craig Field
JH Boys Basketball (6th-8th)	Open Gym	6/30/22	Thursday	9:15am-10:15am	MAC
JH Football (7th & 8th)	Open Field	6/30/22	Thursday	10:30am-11:30am	Craig Field
HS Boys Basketball	Open Gym	6/30/22	Thursday	10:30am-11:30am	MAC