



## JULY 2023 Summer Performance Schedule



**OSSAA DEAD PERIOD - July 1st-9th, 2023 (NO WORKOUTS. All athletic facilities will be closed.)**

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

**HS/JH Softball, HS/JH Cross Country** - Practices officially start on July 15th, 2023

**Wardog HS & JH Football** - No football activities permitted after July 14th per OSSAA rules. Practices can begin on August 7th, 2023

### WEEK ONE - (July 10-14, 2023)

<u>GROUP</u>	<u>ACTIVITY</u>	<u>DATES</u>	<u>DAYS</u>	<u>TIME</u>	<u>DROP OFF</u>
HIGH SCHOOL Athletes (9th-12th)	Open Weightroom	7/10 - 7/14	Monday-Thursday	8:00am-9:00am	MHS Practice Gym
JUNIOR HIGH Athletes (6th-8th)	Open Weightroom	7/10 - 7/14	Monday-Thursday	9:00am-10:00am	MHS Practice Gym

### WEEK TWO - (July 17-21, 2023)

<u>GROUP</u>	<u>ACTIVITY</u>	<u>DATES</u>	<u>DAYS</u>	<u>TIME</u>	<u>DROP OFF</u>
HIGH SCHOOL Athletes (9th-12th)	Open Weightroom	7/17 - 7/20	Monday-Thursday	8:00am-9:00am	MHS Practice Gym
JUNIOR HIGH Athletes (6th-8th)	Open Weightroom	7/17 - 7/20	Monday-Thursday	9:00am-10:00am	MHS Practice Gym

### WEEK THREE - (July 24-27, 2023)

<u>GROUP</u>	<u>ACTIVITY</u>	<u>DATES</u>	<u>DAYS</u>	<u>TIME</u>	<u>DROP OFF</u>
HIGH SCHOOL Athletes (9th-12th)	Open Weightroom	7/24 - 7/27	Monday-Thursday	8:00am-9:00am	MHS Practice Gym
JUNIOR HIGH Athletes (6th-8th)	Open Weightroom	7/24 - 7/27	Monday-Thursday	9:00am-10:00am	MHS Practice Gym