<u>JU</u>	NE 2023 Summ	NE 2023 Summer Performance Schedule				
PHYSICALS - ALL athletes MUST have	<u>'</u>	al physical to	urned in to thei	r head coach		
NO LATER THAN July 1	st, 2023					
FAMILY ID - This is our student-athle	to online software. Th	ic ic NANDA	TOPV for All of	tudont athletes		
This registration must be completed)	
Restration for the 2023-2024 school		·		TAN July 15t, 2023). 	
Restraction for the 2023-2024 school	year can begin on Jun	131, 2023.				
Group Workouts - Boys and Girls workout tog	ether in several stations. Wo	rkouts are focu	ised on strength, sp	eed, core, and agility.		
Open Field and Gym dates - Athletes are enco	uraged to attend all dates fo	r their respect	ve sports.			
<u>Team Camps</u> - Athletes need to attend these of	camps when offered, and ma	y be made ma	ndatory via the hea	d coach.		
Personal Vacations, Church camps, etc Plea	se let coaches know if these	will affect you	 r attendance at sum	lmer performance.		
Memorial Day (May 29th, 2023) - All athletic	facilities closed					
OSSAA Dead Period (NO WORKOUTS) - July 1:	st-9th, 2023					
<u>Fridays</u> - Off days throughout the summer. Ca	n be used as an added indivi	dual sport day	periodically if head	coach deems necessar	ry.	

<u>ACTIVITY</u>	DATE			
	DAIE	DAY	TIME	DROP OFF/MEET
Group Workout	6/5/23	Monday	7:30am-8:45am	MHS Practice Gym
Group Workout	6/5/23	Monday	8:45am-10:00am	MHS Practice Gym
Open Gym	6/5/23	Monday	9:00am-10:00am	MAC
Open Gym	6/5/23	Monday	10:00am-11:00am	MAC
Open Weightroom	6/6/23	Tuesday	7:00am-8:00am	Weightroom
Open Weightroom	6/6/23	Tuesday	8:00am-9:00am	Weightroom
Open Field	6/6/23	Tuesday	9:15am-10:15am	Craig Field
Open Gym	6/6/23	Tuesday	9:15am-10:15am	MAC
Open Field	6/6/23	Tuesday	10:30am-11:30am	Craig Field
Open Gym	6/6/23	Tuesday	10:30am-11:30am	MAC
Group Workout	6/7/23	Wednesday	7:30am-8:45am	MHS Practice Gym
Group Workout	6/7/23	Wednesday	8:45am-10:00am	MHS Practice Gym
Open Gym	6/7/23	Wednesday	9:00am-10:00am	MAC
Open Gym	6/7/23	Wednesday	10:00am-11:00am	MAC
Open Weightroom	6/8/23	Thursday	7:00am-8:00am	Weightroom
Open Weightroom	6/8/23	Thursday	8:00am-9:00am	Weightroom
Open Field	6/8/23	Thursday	9:15am-10:15am	Craig Field
Open Gym	6/8/23	Thursday	9:15am-10:15am	MAC
Open Field	6/8/23	Thursday	10:30am-11:30am	Craig Field
Open Gym	6/8/23	Thursday	10:30am-11:30am	MAC
	Open Gym Open Weightroom Open Weightroom Open Field Open Gym Open Field Open Gym Group Workout Group Workout Open Gym Open Gym Open Gym Open Gym Open Gym Open Weightroom Open Weightroom Open Field Open Gym Open Field	Open Gym 6/5/23 Open Weightroom 6/6/23 Open Weightroom 6/6/23 Open Field 6/6/23 Open Gym 6/6/23 Open Field 6/6/23 Open Gym 6/6/23 Group Workout 6/7/23 Group Workout 6/7/23 Open Gym 6/7/23 Open Gym 6/7/23 Open Weightroom 6/8/23 Open Weightroom 6/8/23 Open Gym 6/8/23 Open Gym 6/8/23 Open Field 6/8/23 Open Field 6/8/23	Open Gym 6/5/23 Monday Open Weightroom 6/6/23 Tuesday Open Field 6/6/23 Tuesday Open Gym 6/6/23 Tuesday Open Field 6/6/23 Tuesday Open Field 6/6/23 Tuesday Open Gym 6/6/23 Tuesday Open Gym 6/6/23 Tuesday Open Gym 6/6/23 Wednesday Group Workout 6/7/23 Wednesday Group Workout 6/7/23 Wednesday Open Gym 6/7/23 Wednesday Open Gym 6/7/23 Wednesday Open Gym 6/7/23 Thursday Open Weightroom 6/8/23 Thursday Open Weightroom 6/8/23 Thursday Open Gym 6/8/23 Thursday Open Field 6/8/23 Thursday	Open Gym 6/5/23 Monday 10:00am-11:00am Open Weightroom 6/6/23 Tuesday 7:00am-8:00am Open Weightroom 6/6/23 Tuesday 8:00am-9:00am Open Field 6/6/23 Tuesday 9:15am-10:15am Open Gym 6/6/23 Tuesday 9:15am-10:15am Open Field 6/6/23 Tuesday 10:30am-11:30am Open Gym 6/6/23 Tuesday 10:30am-11:30am Group Workout 6/7/23 Wednesday 7:30am-8:45am Group Workout 6/7/23 Wednesday 9:00am-10:00am Open Gym 6/7/23 Wednesday 9:00am-10:00am Open Gym 6/7/23 Wednesday 10:00am-11:00am Open Weightroom 6/8/23 Thursday 7:00am-8:00am Open Field 6/8/23 Thursday 9:15am-10:15am Open Gym 6/8/23 Thursday 9:15am-10:15am Open Field 6/8/23 Thursday 9:15am-10:15am

<u>GROUP</u>	<u>ACTIVITY</u>	<u>DATE</u>	<u>DAY</u>	<u>TIME</u>	DROP OFF/MEET
HIGH SCHOOL Athletes (9th-12th)	Group Workout	6/12/23	Monday	7:30am-8:45am	MHS Practice Gym
JUNIOR HIGH Athletes (6th-8th)	Group Workout	6/12/23	Monday	8:45am-10:00am	MHS Practice Gym
HS Girls Basketball	Open Gym	6/12/23	Monday	9:00am-10:00am	MAC
JH Girls Basketball (6th-8th)	Open Gym	6/12/23	Monday	10:00am-11:00am	MAC
HIGH SCHOOL Athletes (9th-12th)	Open Weightroom	6/13/23	Tuesday	7:00am-8:00am	Weightroom
JUNIOR HIGH Athletes (6th-8th)	Open Weightroom	6/13/23	Tuesday	8:00am-9:00am	Weightroom
HS Football	Open Field	6/13/23	Tuesday	9:15am-10:15am	Craig Field
JH Boys Basketball (6th-8th)	Open Gym	6/13/23	Tuesday	9:15am-10:15am	MAC
JH Football (7th & 8th)	Open Field	6/13/23	Tuesday	10:30am-11:30am	Craig Field
HS Boys Basketball	Open Gym	6/13/23	Tuesday	10:30am-11:30am	MAC
HIGH SCHOOL Athletes (9th-12th)	Group Workout	6/14/23	Wednesday	7:30am-8:45am	MHS Practice Gym
JUNIOR HIGH Athletes (6th-8th)	Group Workout	6/14/23	Wednesday	8:45am-10:00am	MHS Practice Gym
HS Girls Basketball	Open Gym	6/14/23	Wednesday	9:00am-10:00am	MAC
JH Girls Basketball (6th-8th)	Open Gym	6/14/23	Wednesday	10:00am-11:00am	MAC
HIGH SCHOOL Athletes (9th-12th)	Open Weightroom	6/15/23	Thursday	7:00am-8:00am	Weightroom
JUNIOR HIGH Athletes (6th-8th)	Open Weightroom	6/15/23	Thursday	8:00am-9:00am	Weightroom
HS Football	Open Field	6/15/23	Thursday	9:15am-10:15am	Craig Field
JH Boys Basketball (6th-8th)	Open Gym	6/15/23	Thursday	9:15am-10:15am	MAC
JH Football (7th & 8th)	Open Field	6/15/23	Thursday	10:30am-11:30am	Craig Field
HS Boys Basketball	Open Gym	6/15/23	Thursday	10:30am-11:30am	MAC

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<u>ACTIVITY</u>	DATE	DAY	<u>TIME</u>	DROP OFF/MEET
Group Workout	6/19/23	Monday	7:30am-8:45am	MHS Practice Gyn
Group Workout	6/19/23	Monday	8:45am-10:00am	MHS Practice Gyn
Open Gym	6/19/23	Monday	9:00am-10:00am	MAC
Open Gym	6/19/23	Monday	10:00am-11:00am	MAC
Open Weightroom	6/20/23	Tuesday	7:00am-8:00am	Weightroom
Open Weightroom	6/20/23	Tuesday	8:00am-9:00am	Weightroom
Open Field	6/20/23	Tuesday	9:15am-10:15am	Craig Field
Open Gym	6/20/23	Tuesday	9:15am-10:15am	MAC
Open Field	6/20/23	Tuesday	10:30am-11:30am	Craig Field
Open Gym	6/20/23	Tuesday	10:30am-11:30am	MAC
Group Workout	6/21/23	Wednesday	7:30am-8:45am	MHS Practice Gyn
Group Workout	6/21/23	Wednesday	8:45am-10:00am	MHS Practice Gyn
Open Gym	6/21/23	Wednesday	9:00am-10:00am	MAC
Open Gym	6/21/23	Wednesday	10:00am-11:00am	MAC
Open Weightroom	6/22/23	Thursday	7:00am-8:00am	Weightroom
Open Weightroom	6/22/23	Thursday	8:00am-9:00am	Weightroom
Open Field	6/22/23	Thursday	9:15am-10:15am	Craig Field
Open Gym	6/22/23	Thursday	9:15am-10:15am	MAC
Open Field	6/22/23	Thursday	10:30am-11:30am	Craig Field
Open Gym	6/22/23	Thursday	10:30am-11:30am	MAC
	ACTIVITY Group Workout Group Workout Open Gym Open Gym Open Weightroom Open Weightroom Open Field Open Gym Open Field Open Gym Group Workout Group Workout Group Workout Open Gym Open Weightroom Open Weightroom Open Weightroom Open Field Open Gym Open Field	Group Workout 6/19/23 Group Workout 6/19/23 Open Gym 6/19/23 Open Gym 6/19/23 Open Gym 6/20/23 Open Weightroom 6/20/23 Open Field 6/20/23 Open Gym 6/20/23 Open Field 6/20/23 Open Gym 6/20/23 Group Workout 6/21/23 Open Gym 6/21/23 Open Gym 6/21/23 Open Weightroom 6/22/23 Open Weightroom 6/22/23 Open Gym 6/22/23 Open Gym 6/22/23 Open Field 6/22/23 Open Field 6/22/23	ACTIVITY Group Workout G/19/23 Group Workout G/19/23 Open Gym Open Gym Open Gym Open Weightroom Open Weightroom Open Gym	ACTIVITY DATE DAY TIME Group Workout 6/19/23 Monday 7:30am-8:45am Group Workout 6/19/23 Monday 8:45am-10:00am Open Gym 6/19/23 Monday 9:00am-10:00am Open Gym 6/19/23 Monday 10:00am-11:00am Open Gym 6/20/23 Tuesday 7:00am-8:00am Open Weightroom 6/20/23 Tuesday 8:00am-9:00am Open Field 6/20/23 Tuesday 9:15am-10:15am Open Gym 6/20/23 Tuesday 9:15am-10:15am Open Gym 6/20/23 Tuesday 10:30am-11:30am Open Gym 6/20/23 Tuesday 10:30am-11:30am Group Workout 6/21/23 Wednesday 7:30am-8:45am Group Workout 6/21/23 Wednesday 9:00am-10:00am Open Gym 6/21/23 Wednesday 10:00am-11:00am Open Gym 6/21/23 Wednesday 10:00am-10:00am Open Weightroom 6/22/23 Thursday 7:00am-8:00am

GROUP	ACTIVITY	DATE	DAY	<u>TIME</u>	DROP OFF/MEET
HIGH SCHOOL Athletes (9th-12th)	Group Workout	6/26/23	Monday	7:30am-8:45am	MHS Practice Gyn
JUNIOR HIGH Athletes (6th-8th)	Group Workout	6/26/23	Monday	8:45am-10:00am	MHS Practice Gym
HS Girls Basketball	Open Gym	6/26/23	Monday	9:00am-10:00am	MAC
JH Girls Basketball (6th-8th)	Open Gym	6/26/23	Monday	10:00am-11:00am	MAC
HIGH SCHOOL Athletes (9th-12th)	Open Weightroom	6/27/23	Tuesday	7:00am-8:00am	Weightroom
JUNIOR HIGH Athletes (6th-8th)	Open Weightroom	6/27/23	Tuesday	8:00am-9:00am	Weightroom
HS Football	Open Field	6/27/23	Tuesday	9:15am-10:15am	Craig Field
JH Boys Basketball (6th-8th)	Open Gym	6/27/23	Tuesday	9:15am-10:15am	MAC
JH Football (7th & 8th)	Open Field	6/27/23	Tuesday	10:30am-11:30am	Craig Field
HS Boys Basketball	Open Gym	6/27/23	Tuesday	10:30am-11:30am	MAC
HIGH SCHOOL Athletes (9th-12th)	Group Workout	6/28/23	Wednesday	7:30am-8:45am	MHS Practice Gym
JUNIOR HIGH Athletes (6th-8th)	Group Workout	6/28/23	Wednesday	8:45am-10:00am	MHS Practice Gym
HS Girls Basketball	Open Gym	6/28/23	Wednesday	9:00am-10:00am	MAC
JH Girls Basketball (6th-8th)	Open Gym	6/28/23	Wednesday	10:00am-11:00am	MAC
HIGH SCHOOL Athletes (9th-12th)	Open Weightroom	6/29/23	Thursday	7:00am-8:00am	Weightroom
JUNIOR HIGH Athletes (6th-8th)	Open Weightroom	6/29/23	Thursday	8:00am-9:00am	Weightroom
HS Football	Open Field	6/29/23	Thursday	9:15am-10:15am	Craig Field
JH Boys Basketball (6th-8th)	Open Gym	6/29/23	Thursday	9:15am-10:15am	MAC
JH Football (7th & 8th)	Open Field	6/29/23	Thursday	10:30am-11:30am	Craig Field
HS Boys Basketball	Open Gym	6/29/23	Thursday	10:30am-11:30am	MAC