



## **JUNE 2023 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, 2023

**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, 2023.  
Registration for the 2023-2024 school year can begin on June 1st, 2023.

**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 29th, 2023)** - All athletic facilities closed

**OSSAA Dead Period (NO WORKOUTS)** - July 1st-9th, 2023

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

**WEEK ONE - (June 5-9, 2023)**

<b><u>GROUP</u></b>	<b><u>ACTIVITY</u></b>	<b><u>DATE</u></b>	<b><u>DAY</u></b>	<b><u>TIME</u></b>	<b><u>DROP OFF/MEET</u></b>
HIGH SCHOOL Athletes (9th-12th)	Group Workout	6/5/23	Monday	7:30am-8:45am	MHS Practice Gym
JUNIOR HIGH Athletes (6th-8th)	Group Workout	6/5/23	Monday	8:45am-10:00am	MHS Practice Gym
HS Girls Basketball	Open Gym	6/5/23	Monday	9:00am-10:00am	MAC
JH Girls Basketball (6th-8th)	Open Gym	6/5/23	Monday	10:00am-11:00am	MAC
HIGH SCHOOL Athletes (9th-12th)	Open Weightroom	6/6/23	Tuesday	7:00am-8:00am	Weightroom
JUNIOR HIGH Athletes (6th-8th)	Open Weightroom	6/6/23	Tuesday	8:00am-9:00am	Weightroom
HS Football	Open Field	6/6/23	Tuesday	9:15am-10:15am	Craig Field
JH Boys Basketball (6th-8th)	Open Gym	6/6/23	Tuesday	9:15am-10:15am	MAC
JH Football (7th & 8th)	Open Field	6/6/23	Tuesday	10:30am-11:30am	Craig Field
HS Boys Basketball	Open Gym	6/6/23	Tuesday	10:30am-11:30am	MAC
HIGH SCHOOL Athletes (9th-12th)	Group Workout	6/7/23	Wednesday	7:30am-8:45am	MHS Practice Gym
JUNIOR HIGH Athletes (6th-8th)	Group Workout	6/7/23	Wednesday	8:45am-10:00am	MHS Practice Gym
HS Girls Basketball	Open Gym	6/7/23	Wednesday	9:00am-10:00am	MAC
JH Girls Basketball (6th-8th)	Open Gym	6/7/23	Wednesday	10:00am-11:00am	MAC
HIGH SCHOOL Athletes (9th-12th)	Open Weightroom	6/8/23	Thursday	7:00am-8:00am	Weightroom
JUNIOR HIGH Athletes (6th-8th)	Open Weightroom	6/8/23	Thursday	8:00am-9:00am	Weightroom
HS Football	Open Field	6/8/23	Thursday	9:15am-10:15am	Craig Field
JH Boys Basketball (6th-8th)	Open Gym	6/8/23	Thursday	9:15am-10:15am	MAC
JH Football (7th & 8th)	Open Field	6/8/23	Thursday	10:30am-11:30am	Craig Field
HS Boys Basketball	Open Gym	6/8/23	Thursday	10:30am-11:30am	MAC

<b>WEEK TWO - (June 12-16, 2023)</b>					
<b>GROUP</b>	<b>ACTIVITY</b>	<b>DATE</b>	<b>DAY</b>	<b>TIME</b>	<b>DROP OFF/MEET</b>
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

### WEEK THREE - (June 19-23, 2023)

<u>GROUP</u>	<u>ACTIVITY</u>	<u>DATE</u>	<u>DAY</u>	<u>TIME</u>	<u>DROP OFF/MEET</u>
HIGH SCHOOL Athletes (9th-12th)	Group Workout	6/19/23	Monday	7:30am-8:45am	MHS Practice Gym
JUNIOR HIGH Athletes (6th-8th)	Group Workout	6/19/23	Monday	8:45am-10:00am	MHS Practice Gym
HS Girls Basketball	Open Gym	6/19/23	Monday	9:00am-10:00am	MAC
JH Girls Basketball (6th-8th)	Open Gym	6/19/23	Monday	10:00am-11:00am	MAC
HIGH SCHOOL Athletes (9th-12th)	Open Weightroom	6/20/23	Tuesday	7:00am-8:00am	Weightroom
JUNIOR HIGH Athletes (6th-8th)	Open Weightroom	6/20/23	Tuesday	8:00am-9:00am	Weightroom
HS Football	Open Field	6/20/23	Tuesday	9:15am-10:15am	Craig Field
JH Boys Basketball (6th-8th)	Open Gym	6/20/23	Tuesday	9:15am-10:15am	MAC
JH Football (7th & 8th)	Open Field	6/20/23	Tuesday	10:30am-11:30am	Craig Field
HS Boys Basketball	Open Gym	6/20/23	Tuesday	10:30am-11:30am	MAC
HIGH SCHOOL Athletes (9th-12th)	Group Workout	6/21/23	Wednesday	7:30am-8:45am	MHS Practice Gym
JUNIOR HIGH Athletes (6th-8th)	Group Workout	6/21/23	Wednesday	8:45am-10:00am	MHS Practice Gym
HS Girls Basketball	Open Gym	6/21/23	Wednesday	9:00am-10:00am	MAC
JH Girls Basketball (6th-8th)	Open Gym	6/21/23	Wednesday	10:00am-11:00am	MAC
HIGH SCHOOL Athletes (9th-12th)	Open Weightroom	6/22/23	Thursday	7:00am-8:00am	Weightroom
JUNIOR HIGH Athletes (6th-8th)	Open Weightroom	6/22/23	Thursday	8:00am-9:00am	Weightroom
HS Football	Open Field	6/22/23	Thursday	9:15am-10:15am	Craig Field
JH Boys Basketball (6th-8th)	Open Gym	6/22/23	Thursday	9:15am-10:15am	MAC
JH Football (7th & 8th)	Open Field	6/22/23	Thursday	10:30am-11:30am	Craig Field
HS Boys Basketball	Open Gym	6/22/23	Thursday	10:30am-11:30am	MAC

<b><u>WEEK FOUR - (June 26-30, 2023)</u></b>					
<b><u>GROUP</u></b>	<b><u>ACTIVITY</u></b>	<b><u>DATE</u></b>	<b><u>DAY</u></b>	<b><u>TIME</u></b>	<b><u>DROP OFF/MEET</u></b>
HIGH SCHOOL Athletes (9th-12th)	Group Workout	6/26/23	Monday	7:30am-8:45am	MHS Practice Gym
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