

2017 Summer Weightlifting – all lifting/running times **9 am** unless otherwise announced

June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 SHS Grad	2	3
4	5	6 Intro Weightlifting (for those not in 4 th pd)	7	8 Intro Weightlifting (for those not in 4 th pd)	9	10
11	12	13	14	15 Camp girls meet on field	16	17
18	19 Weightlifting (for those not @ camp) <i>Snow College Camp</i>	20 Weightlifting (for those not @ camp) <i>Snow College Camp</i>	21 <i>Snow College Camp</i>	22 Weightlifting (for those not @ camp) <i>Snow College Camp</i>	23 <i>Snow College Camp</i>	24
25	26 Weightlifting	27 Weightlifting	28	29 Weightlifting	30	

July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Moratorium	4 Moratorium	5 Moratorium	6 Moratorium	7 Moratorium	8
9	10 Weightlifting	11 Weightlifting	12	13 Weightlifting	14	15
16	17 Weightlifting	18 Weightlifting	19	20 Weightlifting	21	22
23	24 <i>Pioneer Day</i>	25 Weightlifting	26 Weightlifting	27 Weightlifting	28	29
30	31 – Tryouts 8 – Jr/Sr 11 – So/Fr	1 – Tryouts 7 am – all; 2 mile run 8 – Jr/Sr 11 – So/Fr	2 – Tryouts TBD – Combined			