


June 2016

Contact Coach L with any questions: Mary.Lichtenberger@sdhc.k12.fl.us




Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Informational Meeting @ 3:15 Room 318	2	3	4
5	6	7	8	9	10  Last day of school	11
12	13	14	15	16	17	18
No practice this week. Enjoy your week off, and get ready for summer conditioning to start! :) GO SHARKS!						
19	20 Practice/Weights 2:00—4:00	21 Practice/Weights 2:00—4:00	22	23 Practice/Weights 2:00—4:00	24	25
26	27 Practice/Weights 2:00—4:00	28 Practice/Weights 2:00—4:00	29	30 Practice/Weights 2:00—4:00	All summer sessions will meet in the weight room - 700 building.	

July 2016

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4  No practice today	5 Practice/ Weights 2:00—4:00	6	7 Practice/ Weights 2:00—4:00	8	9 Practice 8:00—10:00
10	11 Practice/ Weights 2:00—4:00	12 Practice/ Weights 2:00—4:00	13	14 Practice/ Weights 2:00—4:00	15	16 Practice 8:00—10:00
17	18 Practice/ Weights 2:00—4:00	19 Practice/ Weights 2:00—4:00	20	21 Practice/ Weights 2:00—4:00	22	23 Practice 8:00—10:00
24	25 Practice/ Weights 2:00—4:00	26 Practice/ Weights 2:00—4:00	27	28 Practice/ Weights 2:00—4:00	29	30 Practice 8:00—10:00
31	All summer sessions will meet in the weight room - 700 building.					

August 2016

Contact Coach L with any questions: Mary.Lichtenberger@sdhc.k12.fl.us

NO EXCUSES



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Practice/ Weights 3:00—5:00	2	3 Practice/ Weights 3:00—5:00	4 Practice/ Weights 3:00—5:00	5	6
7	8 Practice/ Weights 3:00—5:00	9 Practice/ Weights 3:00—5:00	10  First day of school	11 Practice/ Weights 3:00—5:00	12	13 Practice 8:00—10:00
14	15 Practice/ Weights 3:00—5:00	16 Practice/ Weights 3:00—5:00	17 Practice/ Weights 3:00—5:00	18 Practice/ Weights 3:00—5:00	19 Practice/ Weights 3:00—5:00	20 Practice 8:00—10:00
21	22	23	24	25	26	27
New calendars will be released for the school year - with meets and practices! GO SHARKS!						
28	29	30	31			