

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	1	2
	7pm - LRG	6:30am - SMG	7pm - LRG	3:30pm - LRG		
3	4	5	6	7	8	9
	5:30pm - LRG	Cinco de Mayo 5pm - GRG	5:30pm - LRG	5pm - GRG		
10	11	12	13	14	15	16
Mother's Day	3:30pm - VAR SMG 4pm - JV SMG	5:30pm - VAR SMG 6pm - JV SMG	3:30pm - VAR SMG 4pm - JV SMG	3:30pm - VAR SMG 4pm - JV SMG		
17	18	19	20	21	22	23
	3:30pm - VAR SMG 4pm - JV SMG	3:30pm - VAR SMG 4pm - JV SMG	3:30pm - VAR SMG 4pm - JV SMG	3:30pm - VAR SMG 4pm - JV SMG		
24	25	26	27	28	29	30
	Memorial Day	3:30pm - VAR SMG 4pm - JV SMG	5:00pm SMG & NO PRACTICE PHYSICAL NIGHT	3:30pm - VAR SMG 4pm - JV SMG		
31	1	2	3	4	5	6
	3:30pm - VAR LRG 4pm - JV LRG	FCC LEAGUE	3:30pm - VAR SMG 4pm - JV SMG	FCC LEAGUE	JV   UOP TEAM CAMP VARSITY   UOP TEAM CAMP	

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1 3:30pm - VAR LRG 4pm - JV LRG	2 FCC LEAGUE	3 3:30pm - VAR SMG 4pm - JV SMG	4 FCC LEAGUE	5 JV NO practice Practice VAR TBD	6 JV   UOP TEAM VARSITY   UOP
7 JV   UOP TEAM VARSITY   UOP	8 6:30am - LRG 9am - WR	9 FCC LEAGUE 9am - WR	10 6:30am - LRG 9am - WR	11 FCC LEAGUE 9am - WR	12 VARSITY   CHICO STATE TEAMP CAMP	13 JV   SPHS
14 JV   SPHS Flag Day	15 NIKE ELITE CAMP   PLAYERS WORK		16 3pm - VAR SMG FCC LEAGUE	17 3pm - VAR SMG FCC LEAGUE	18 VARSITY   CALI LIVE   Ladera Ranch FCC LEAGUE	19 Juneteenth
21 Father's Day	22 9am - WR 10am - LRG	23 VARSITY   LMU TEAM CAMP FCC LEAGUE 9am - WR		24 9am - WR 10am - LRG FCC LEAGUE	25 VAR FLY OUT 9am - WR	26 DAWN STALEY TEAM CAMP JV FSU TEAM CAMP
28	29 NO PRACTICE FLY HOME FAT		30	1	2	3 Independence Day
						4 Independence Day

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	1	2	3	4
JV FSU TEAM	NO PRACTICE					
	FLY HOME FAT				Independence Day	Independence Day
5	6	7	8	9	10	11
NO PRACTICE	9am - WR 10am - 11pm LRG	9am - WR 10am - 11pm LRG	9am - WR 10am - 11pm LRG	9am - WR 10am - 11pm LRG		
12	13	14	15	16	17	18
	9am - WR 10am - 11pm LRG	9am - WR 10am - 11pm LRG	9am - WR 10am - 11pm LRG	9am - WR 10am - 11pm LRG		
19	20	21	22	23	24	25
	9am - WR 10am - 11pm LRG	9am - WR 10am - 11pm LRG	9am - WR 10am - 11pm LRG	9am - WR 10am - 11pm LRG		
26	27	28	29	30	31	1
	9am - WR 10am - 11pm LRG	9am - WR 10am - 11pm LRG	9am - WR 10am - 11pm LRG	Off until school		

During the month of July if you are here/in town you are expected to be at weights & workouts.

If you are doing AAU with a travel ball team you need to prioritize those practices and tournaments. Workouts in July will be skill development and open to all 7<sup>th</sup> - HS Players.

**WR** = Weight Room

**SMG** = Small Gym

**LRG** = Large Gym

**GRG** = Granite Gym