

WINDERMERE PREP SUMMER TRAINING SCHEDULE



JUNE

**If an athlete has a scheduling conflict with their specific time they are welcome to join another group's time*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 OFF	4 Open Weight Room HS: 9-1015 AM MS: 1015-1115 AM	5 Open Weight Room HS: 9-1015 AM MS: 1015-1115 AM	6 OFF	7	8
9	10 Summer Training: 8am-2pm See schedule for specific sport times	11 Summer Training: 8am-2pm See schedule for specific sport times	12 Summer Training: 8am-2pm See schedule for specific sport times	13 Summer Training: 8am-1pm See schedule for specific sport times	14	15
16	17 Summer Training: 8am-2pm See schedule for specific sport times	18 Summer Training: 8am-2pm See schedule for specific sport times	19 Summer Training: 8am-2pm See schedule for specific sport times	20 Summer Training: 8am-2pm See schedule for specific sport times	21	22
23	24 Summer Training: 8am-2pm See schedule for specific sport times	25 Summer Training: 8am-2pm See schedule for specific sport times	26 Summer Training: 8am-2pm See schedule for specific sport times	27 Summer Training: 8am-2pm See schedule for specific sport times	28	29

WINDERMERE PREP SUMMER TRAINING Schedule



JULY

**If an athlete has a scheduling conflict with their specific time they are welcome to join another group's time*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 No Workouts Enjoy your break!	2 No Workouts Enjoy your break!	3 No Workouts Enjoy your break!	4 No Workouts Enjoy your break!	5	6
7	8 Summer Training: 8am-2pm See schedule for specific sport times	9 Summer Training: 8am-2pm See schedule for specific sport times	10 Summer Training: 8am-2pm See schedule for specific sport times	11 Summer Training: 8am-1pm See schedule for specific sport times	12	13
14	15 Summer Training: 8am-2pm See schedule for specific sport times	16 Summer Training: 8am-2pm See schedule for specific sport times	17 Summer Training: 8am-2pm See schedule for specific sport times	18 Summer Training: 8am-1pm See schedule for specific sport times	19	20
21	22 Summer Training: 8am-2pm See schedule for specific sport times	23 Summer Training: 8am-2pm See schedule for specific sport times	24 Summer Training: 8am-2pm See schedule for specific sport times	25 Summer Training: 8am-1pm See schedule for specific sport times	26	27
28	29 Summer Training: 8am-2pm See schedule for specific sport times	30 Summer Training: 8am-2pm See schedule for specific sport times	3 Summer Training: 8am-2pm See schedule for specific sport times	AUGUST 1 Summer Training: 8am-1pm See schedule for specific sport times		

