

June 2016						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Weights 9-10:30 and 6-7:30	3	4
5	6 Weights 9-10:30 and 6-7:30 QB,RB,WR Workouts	7 Weights 9-10:30 and 6-7:30 O-Line Workouts	8	9 Weights 9-10:30 and 6-7:30 Kicker LS/Holders Workouts	10	11
12	13 Weights 9-10:30 and 6-7:30 DB and LB Workouts	14 Weights 9-10:30 and 6-7:30 D-Line Workouts	15	16 Weights 9-10:30 and 6-7:30 Kicker LS/Holders Workouts	17	18
19 Father's Day	20 Weights 9-10:30 and 6-7:30 QB,RB,WR Workouts	21 Weights 9-10:30 and 6-7:30 O-Line Workouts	22	23 Weights 9-10:30 and 6-7:30 Kicker LS/Holders Workouts	24	25
26	27 Weights 9-10:30 and 6-7:30 DB and LB Workouts	28 Weights 9-10:30 and 6-7:30 D-Line Workouts	29	30 Weights 9-10:30 and 6-7:30 Kicker LS/Holders Workouts		
	*Workouts will be 4 person workouts Coach Cunningham will set up times with each player.					

# July 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Independence Day	5 Weights 9-10:30 and 6-7:30	6	7 Weights 9-10:30 and 6-7:30  Practice Day	8	9
10	11 Weights 9-10:30 and 6-7:30  Practice Day	12 Weights 9-10:30 and 6-7:30	13	14 Weights 9-10:30 and 6-7:30  7 on 7 @Jackson	15	16 7 on 7 @Crooksville
17	18 Weights 9-10:30 and 6-7:30	19 Weights 6-7:30  7 on 7 @South Point 10am	20	21 Weights 9-10:30 and 6-7:30	22 7 on 7 KCU	23
24	25 Weights 9-10:30 and 6-7:30	26 Weights 9-10:30 and 6-7:30  Practice Day	27	28 Weights 9-10:30 and 6-7:30	29	30
31						