

June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6am-8am (PRACTICE) 9am-4pm(Volunteer Opportunity)	2 6am-8am (PRACTICE) 9am-4pm(Volunteer Opportunity)	3	4
5	6 5am-5:45am (Conditioning) 6am-8am (PRACTICE) 8:30 - 10am(LIFT/TRACK)	7	8 6am-8am (PRACTICE) 8:30- 10am(LIFT/TRACK)	9 6am-8am (PRACTICE) 8:30- 10am(LIFT/TRACK)	10	11
12	13 5am-5:45am (Conditioning) 6am-8am (PRACTICE) 8:30- 10am(LIFT/TRACK)	14	15 6am-8am (PRACTICE) 8:30- 10am(LIFT/TRACK)	16 6am-8am (PRACTICE) 8:30- 10am(LIFT/TRACK)	17	18
19	20 5am-5:45am (Conditioning) 6am-8am (PRACTICE) 8:30-9:30am(Team LIFT)	21	22 6am-8am (PRACTICE) 8:30- 10am(LIFT/TRACK)	23 6am-8am (PRACTICE) 8:30- 10am(LIFT/TRACK) AAU	24 AAU	25 AAU
26 AAU	27 8:30-9:30am(Team LIFT) Nationals	28 Nationals	29 8:30-9:30am(Team LIFT) Nationals	30 8:30-9:30am(Team LIFT) Nationals		

