



GIRLS SUMMER TRAINING



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18-Jun	19-Jun	20-Jun	21-Jun Skills 6-7pm Strength 7:10-8pm	22-Jun	23-Jun FRI NIGHT RUN Gr. 6-8 - 7-8:30p	24-Jun
25-Jun	26-Jun	27-Jun	28-Jun Skills 6-7pm Strength 7:10-8pm	29-Jun	30-Jun FRI NIGHT RUN Gr. 6-8 - 7-8:30p	1-Jul

9-Jul	10-Jul	11-Jul	12-Jul Skills 6-7pm Strength 7:10-8pm	13-Jul	14-Jul FRI NIGHT RUN Gr. 6-8 - 7-8:30p	15-Jul
16-Jul 3PT CONTEST 6-7:30pm	JULY 17-21 ALL-GIRLS CAMP IN BIRMINGHAM - GRADES 3-9					22-Jul
	17-Jul	18-Jul	19-Jul Skills 6-7pm Strength 7:10-8pm	20-Jul	21-Jul FRI NIGHT RUN Gr. 6-8 - 7-8:30p	
23-Jul	24-Jul	25-Jul	26-Jul Skills 6-7pm Strength 7:10-8pm	27-Jul	28-Jul FRI NIGHT RUN Gr. 6-8 - 7-8:30p	29-Jul

6-Aug	7-Aug	8-Aug	9-Aug Skills 6-7pm Strength 7:10-8pm	10-Aug	11-Aug FRI NIGHT RUN Gr. 6-8 - 7-8:30p	12-Aug
13-Aug	14-Aug	15-Aug	16-Aug	17-Aug	18-Aug	19-Aug
	AUGUST 14-18 ALL-GIRLS CAMP IN SOUTHFIELD - GRADES 2-9					
			Skills 6-7pm Strength 7:10-8pm		FRI NIGHT RUN Gr. 6-8 - 7-8:30p	