

# June 2021

Register for Remind: Text "@steinv" to 81010

Follow on Instagram: "vb\_steinbrenner"

M O N	T U E	W E D	TH U	F R I	S A T	S U N
	1 Conditioning 1-2pm *Gym 1-2	2 Conditioning 1-2pm *Gym 1-2	3 Conditioning 10:30a-12:30p *Gym 10:30-11:30 *Weight Room 11:30-12:30	4	5	6
7 Conditioning 10a-12p *Gym 10-11 *Weight Room 11-12	8 Conditioning 10:30a-12:30p *Gym 10:30-11:30 *Weight Room 11:30-12:30	9 Conditioning 10:30a-12p *Outside 10:30-11 *Weight Room 11-12	10 Conditioning 10:30a-12:30p *Gym 10:30-11:30 *Weight Room 11:30-12:30	11	12	13
14 Conditioning 10a-12p *Gym 10-11 *Weight Room 11-12	15 Conditioning 10:30a-12:30p *Gym 10:30-11:30 *Weight Room 11:30-12:30	16 Conditioning 10:30a-12p *Outside 10:30-11 *Weight Room 11-12	17 Conditioning 10:30a-12:30p *Gym 10:30-11:30 *Weight Room 11:30-12:30	18	19	20
21 Conditioning 10a-12p *Gym 10-11 *Weight Room 11-12	22 NO CONDITIONING (Coach @ AAU Nationals)	23 NO CONDITIONING (Coach @ AAU Nationals)	24 NO CONDITIONING (Coach @ AAU Nationals)	25	26	27
28 Conditioning 10a-12p *Gym 10-11 *Weight Room 11-12	29 Conditioning 10:30a-12:30p *Gym 10:30-11:30 *Weight Room 11:30-12:30	30 Conditioning 10:30a-12p *Outside 10:30-11 *Weight Room 11-12				

# July 2021

Tryouts: Monday August 2<sup>nd</sup>-Thursday August 5<sup>th</sup>

Times: 3:30-6pm

Location: Steinbrenner Gym

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
			Conditioning 10:30a-12:30p *Gym 10:30-11:30 *Weight Room 11:30-12:30			
5	6	7	8	9	10	11
Conditioning 10a-12p *Gym 10-11 *Weight Room 11-12	Conditioning 10:30a-12:30p *Gym 10:30-11:30 *Weight Room 11:30-12:30	Conditioning 10:30a-12p *Outside 10:30-11 *Weight Room 11-12	Conditioning 10:30a-12:30p *Gym 10:30-11:30 *Weight Room 11:30-12:30			
12	13	14	15	16	17	18
Conditioning 10a-12p *Gym 10-11 *Weight Room 11-12	Conditioning 10:30a-12:30p *Gym 10:30-11:30 *Weight Room 11:30-12:30	Conditioning 10:30a-12p *Outside 10:30-11 *Weight Room 11-12	Conditioning 10:30a-12:30p *Gym 10:30-11:30 *Weight Room 11:30-12:30			
19	20	21	22	23	24	25
Conditioning 10a-12p *Gym 10-11 *Weight Room 11-12	Conditioning 10:30a-12:30p *Gym 10:30-11:30 *Weight Room 11:30-12:30	Conditioning 10:30a-12p *Outside 10:30-11 *Weight Room 11-12	NO CONDITIONING			
26	27	28	29	30	31	
Conditioning 10a-12p *Gym 10-11 *Weight Room 11-12	Conditioning 10:30a-12:30p *Gym 10:30-11:30 *Weight Room 11:30-12:30	Conditioning 10:30a-12p *Outside 10:30-11 *Weight Room 11-12	Conditioning 10:30a-12:30p *Gym 10:30-11:30 *Weight Room 11:30-12:30			

