

**Summer Strength Training
Schedule 2017**



“Success Is Never Owned...It Is Rented And Rent Is Due Everyday.”

START DATE JUNE 5 2017

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>9-12th Boys</u>	7am	OFF	7am	OFF	7am
<u>9-12th Girls</u>	8am	Aquatic	8am	OFF	8am

START DATE JUNE 12 2017

<u>MS 7-8th</u>	10am	OFF	10am	OFF	10am
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BBB Shoot Around	M-W-F	8:30am-10am	@PHS
GBB Shoot Around	M-W-TH-F	6:45am-7:45am	@PHS
VB Open Court Training	M & W	9:30am-11am	@PHS
Open Mat Wrestling	W	8:15am-9:15am	@PHS Fitness Center
Open Field Softball	M & F	10am-11:30am	@PHS Softball Field
Legion Baseball	Non game days	10:00-11:30am or 4-5:30pm	@PHS Baseball field

PHS Athletics

1st Practice

1st competition/game

PHS FOOTBALL	Aug 7	Aug 24 @ Elkhorn
PHS SOFTBALL	Aug 7	Aug 19 Bryan Tourney
PHS VOLLEYBALL	Aug 7	Aug 31 @ Blair
PHS GIRLS GOLF	Aug 7	Aug 24 vs. Auburn
PHS CROSS COUNTRY	Aug 7	Aug 31 PHS INVITE
PHS BOYS BASKETBALL	Nov 13	Dec 1 Norris
PHS GIRLS BASKETBALL	Nov 13	Dec 1 Norris
PHS WRESTLING	Nov 13	Nov 30 @ Papio LaVista
PHS BASEBALL	Feb 26	Mar 15 @ Bryan
PHS GIRLS SOCCER	Feb 26	Mar 15 @ Conestoga
PHS BOYS SOCCER	Feb 26	Mar 17 Schuyler Tourney
PHS BOYS GOLF	Feb 26	Mar 27 Gretna Invite
PHS TRACK	Feb 26	Mar 24 Millard North Invite

**Respect the Training--Honor the Commitment--Cherish the Results
PREPARE WHEN IT'S HOT AND COMPARE WHEN IT'S NOT!!!!**