

GIRLS PACK STRONG AND SPORTS SKILLS SCHEDULE 2021

	Monday		Tuesday		Wednesday		Thursday	
7:45 AM	ALL CHECK-IN		ALL CHECK-IN		ALL CHECK-IN		ALL CHECK-IN	
8-8:45AM Pack Strong	FIELD	WEIGHT ROOM	FIELD	WEIGHT ROOM	FIELD	WEIGHT ROOM	FIELD	WEIGHT ROOM
	Softball & Basketball	Soccer & Volleyball	Softball & Basketball	Soccer & Volleyball	Soccer & Volleyball	Softball & Basketball	Soccer & Volleyball	Softball & Basketball
9-9:45AM Pack Strong	FIELD	WEIGHTROOM	FIELD	WEIGHTROOM	FIELD	WEIGHTROOM	FIELD	WEIGHTROOM
	Soccer & Volleyball	Softball & Basketball	Soccer & Volleyball	Softball & Basketball	Softball & Basketball	Soccer & Volleyball	Softball & Basketball	Soccer & Volleyball
10-11AM Sports Skills	Skills Softball & Basketball		Skills Softball & Basketball		Skills Soccer & Volleyball		Skills Soccer & Volleyball	
11AM-12PM	Lunch		Lunch		Lunch		Lunch	
12-2PM Futures Sports Skills Training	Futures Softball & Basketball		Futures Softball & Basketball		Futures Soccer & Volleyball		Futures Soccer & Volleyball	