



# August 2019

Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3
5	6	7	8	9	10
12	13	14	15	16	17
19 1st Day of school Meet in gym and collect physicals  Cages and weightroom	20 Cover <a href="#">rules</a> and collect physicals  Cages and weightroom	21 <a href="#">Equipment and lockers</a> Movement Workout  Cages and weightroom	22 Movement Workout Sprint Work  Cages and weightroom	23 Movement Workout <a href="#">Rattler Crossfit</a>  No Weightroom	24
26 Captain Presentations Study Hall  Cages and weightroom	27 Pick Offseason Teams Pick Team names  Cages and weightroom	28 Movement Workout <a href="#">Offseason Progressive Overload</a>  Hitting League	29 <a href="#">3 Stations</a> / Velo Testing  Cages and weightroom	30 1st team Competition  No Weightroom	31