



# SEALY TIGERS



## SUMMER STRENGTH & CONDITIONING



**HIGH SCHOOL BOYS**  
7:00-9:30 AM



**HIGH SCHOOL GIRLS**  
8:30-10:30 AM

INCOMING 9<sup>TH</sup>-12<sup>TH</sup>  
GRADE ATHLETES

LOCATION:  
SEALY HIGH SCHOOL

### JUNE 2026

SUN	MON	TUE	WED	THU	FRI	SAT
MAY 31	JUNE 1 ✓ SAC	2 ✓ SAC	3 ✓ SAC	4 ✓ SAC	5	6
7	8 ✓ SAC	9 ✓ SAC	10 ✓ SAC	11 ✓ SAC	12	13
14	15 ✓ SAC	16 ✓ SAC	17 ✓ SAC	18 ✓ SAC	19	20
21	22 ✓ SAC	23 ✓ SAC	24 ✓ SAC	25 ✓ SAC	26	27
28	29 ✗ OFF	30 ✗ OFF	JULY 1 ✗ OFF	2 ✗ OFF	3	4

### JULY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
JUNE 28	29	30	JULY 1 ✗ OFF	2 ✗ OFF	3	4
5	6 ✓ SAC	7 ✓ SAC	8 ✓ SAC	9 ✓ SAC	10	11
12	13 ✓ SAC	14 ✓ SAC	15 ✓ SAC	16 ✓ SAC	17	18
19	20 ✓ SAC	21 ✓ SAC	22 ✓ SAC	23 ✓ SAC	24	25
26	27 ✗ OFF	28 ✗ OFF	29 ✗ OFF	30 ✗ OFF	31	AUG 1

**VOLLEYBALL & FOOTBALL OFFICIAL START DATE: AUGUST 3, 2026**



# TOUGH PEOPLE WIN

