



SEALY TIGERS

SUMMER STRENGTH & CONDITIONING



JUNIOR HIGH BOYS & GIRLS

8:00-9:30 AM



**INCOMING 7TH & 8TH
GRADE ATHLETES**

**LOCATION:
SEALY JUNIOR HIGH**

JUNE 2026

JULY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
MAY 31	JUNE 1 ✓ SAC 8:00-9:30 AM	2 ✓ SAC 8:00-9:30 AM	3 ✓ SAC 8:00-9:30 AM	4 ✓ SAC 8:00-9:30 AM	5	6
7	8 ✓ SAC 8:00-9:30 AM	9 ✓ SAC 8:00-9:30 AM	10 ✓ SAC 8:00-9:30 AM	11 ✓ SAC 8:00-9:30 AM	12	13
14	15 ✓ SAC 8:00-9:30 AM	16 ✓ SAC 8:00-9:30 AM	17 ✓ SAC 8:00-9:30 AM	18 ✓ SAC 8:00-9:30 AM	19	20
21	22 ✓ SAC 8:00-9:30 AM	23 ✓ SAC 8:00-9:30 AM	24 ✓ SAC 8:00-9:30 AM	25 ✓ SAC 8:00-9:30 AM	26	27
28	29 ✗ OFF	30 ✗ OFF	JULY 1 ✗ OFF	2 ✗ OFF	3	4

SUN	MON	TUE	WED	THU	FRI	SAT
JUNE 28	29	30	JULY 1 ✗ OFF	2 ✗ OFF	3	4
5	6 ✓ SAC 8:00-9:30 AM	7 ✓ SAC 8:00-9:30 AM	8 ✓ SAC 8:00-9:30 AM	9 ✓ SAC 8:00-9:30 AM	10	11
12	13 ✓ SAC 8:00-9:30 AM	14 ✓ SAC 8:00-9:30 AM	15 ✓ SAC 8:00-9:30 AM	16 ✓ SAC 8:00-9:30 AM	17	18
19	20 ✓ SAC 8:00-9:30 AM	21 ✓ SAC 8:00-9:30 AM	22 ✓ SAC 8:00-9:30 AM	23 ✓ SAC 8:00-9:30 AM	24	25
26	27 ✗ OFF	28 ✗ OFF	29 ✗ OFF	30 ✗ OFF	31	AUG 1



TOUGH PEOPLE WIN

