

JULY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4 <i>Independence Day</i>	5	6
		5:30-7:00AM Basha HS	5:30-7:00AM Basha HS		Run on your own	Run on your own
7	8	9	10	11	12	13
		5:30-7:00AM Basha HS	5:30-7:00AM Basha HS		5:30-7:00AM Basha HS LAST DAY OF SUMMER SURVIVOR	
14	15	16	17	18	19	20
			SCHOOL STARTS!			
21	22	23	24	25	26	27
		5:00-6:40AM Conditioning	5:00-6:40AM Conditioning		5:00-6:40AM Conditioning	
28	29	30	31	1	2	3
		5:00-6:40AM Conditioning	5:00-6:40AM Conditioning			

Notes: Must be cleared by the Athletic Office to practice starting August 5th! Get your physical and fill out all forms!
