

# All-Girls Summer Lifting 2026

## J U N E

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MAY</b>	1 Lifting: 7:00-8:15 am Coach Pfeffer	2	3 Lifting: 7:00-8:15 am Coach Pfeffer	4	5	6
7	8 Lifting: 7:00-8:15 am Coach DeWine	9	10 Lifting: 7:00-8:15 am Coach Pfeffer	11	12	13
14	15 Lifting: 7:00-8:15 am Coach Pfeffer	16	17 Lifting: 7:00-8:15 am Coach Pfeffer	18	19	20
21	22 Lifting: 7:00-8:15 am Coach Pfeffer	23	24 Lifting: 7:00-8:15 am Coach Pfeffer	25	26	27
28	29 Lifting: 7:00-8:15 am Coach Pfeffer	30	<b>J</b>	<b>U</b>	<b>L</b>	<b>Y</b>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>J</b>	<b>U</b> <b>N</b>	<b>E</b>	1 Lifting: 7:00-8:15 am Coach Pfeffer	2	3	4
5	6 Lifting: 7:00-8:15 am Coach Mangan	7	8 Lifting: 7:00-8:15 am Jordan Eshbaugh	9	10	11
12	13 Lifting: 7:00-8:15 am Coach Pfeffer	14	15 Lifting: 7:00-8:15 am Coach Pfeffer	16	17	18
19	20 Lifting: 7:00-8:15 am Coach Pfeffer	21	22 Lifting: 7:00-8:15 am Coach Pfeffer	23	24	25
26	27 Lifting: 7:00-8:15 am Coach Mangan	28	29 Lifting: 7:00-8:15 am Jordan Eshbaugh	30	31	<b>AUGUST</b>

**NO LIFTING IN AUGUST**