

LADY BUFFS SUMMER WORKOUT SCHEDULE



Who: All Lady Buff Athletes entering 7th grade- 12th Grade

When: Monday-Thursday
8am-11am



Meet At: LOHS Gym/Track

SPORT SPECIFIC:
Basketball
Volleyball
Softball

Strength and Conditioning

June:

- Week of 3rd-6th
- Week of 10th-13th
- Week of 17th-20th
- Week of 24th-27th

July:

- Week of 9th-11th
- Week of 15th-18th
- Week of 22nd-25th
- Week of 29th-1st