

July 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Freshman Orientation Weightlifting Camp 11-12 Varsity 1-3 Soph/Varsity Weights & Conditioning 3-4 FSSL	2 Freshman Orientation Weightlifting Camp 11-12 Weights & Conditioning 12-1:30 Open to ANYONE!	3	4
5	6 Freshman Orientation Weightlifting Camp 11-12 Varsity 1-3 Soph/Varsity Weights & Conditioning 3-4 FSSL	7 Freshman Orientation Weightlifting Camp 11-12 Weights & Conditioning 12-1:30 Open to ANYONE!	8 Varsity 1-3 Soph/Varsity Weights & Conditioning 3-4 FSSL	9 Freshman Orientation Weightlifting Camp 11-12 Weights & Conditioning 12-1:30 Open to ANYONE! MWSL	10	11 Freshman Orientation Weightlifting Camp 11-12
12	13 Freshman Orientation Weightlifting Camp 11-12 Varsity 3-5 Soph/Varsity Weights & Conditioning 3-4	14 Freshman Orientation Weightlifting Camp 11-12 Weights & Conditioning 12-1:30 Open to ANYONE!	15 Varsity 3-5 Soph/Varsity Weights & Conditioning 3-4	16 Freshman Orientation Weightlifting Camp 11-12 Weights & Conditioning 12-1:30 Open to ANYONE! MWSL	17 Freshman Orientation Weightlifting Camp 11-12 Maine West Observation Tournament (Varsity)	18 Maine West Observation Tournament (Varsity)
19	20	21	22	23	24	25
26	27	28	29	30	31	