

# June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1st
2nd	3rd	4th	5th	6th	7th	8th
9th	10th	11th	12th	13th	14th	15th
	Weight Lifting 7-9am		Weight Lifting 7-9am	Weight Lifting 7-9am		
16th	17th	18th	19th	20th	21st	22nd
			Practice 6:30-8 pm			
	Weight Lifting 7-9am		Weight Lifting 7-9am	Weight Lifting 7-9am		
23rd	24th	25th	26th	27th	28th	29th
			Practice 6:30-8 pm			
Practice 6:30-8 pm 30th	Weight Lifting 7-9am		Weight Lifting 7-9am	Weight Lifting 7-9am		
Steelheader Volunteer day						

## NOTES

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# July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1st	2nd	3rd	4th	5th	6th
7th	8th	9th	10th	11th	12th	13th
CMU CAMP 14th	CMU CAMP 15th	CMU CAMP 16th	CMU CAMP 17th	18th	19th	20th
Wrestling Practice 7-8:30 pm 21st	Weight Lifting 7-9am 22nd	23rd	Weight Lifting 7-9am 24th	Weight Lifting 7-9am 25th	26th	27th
Wrestling Practice 7-8:30pm 28th	Weight Lifting 7-9am 29th	30th	Wrestling Practice 7-8:30 pm 31st	Weight Lifting 7-9am		
Wrestling Practice 7-8:30			Wrestling Practice 7-8:30			

## NOTES

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