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|  BELIEINDSET19 July | 2019 |
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| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| DEAD | PERIOD | NO WORK | OUTS PER | SCHSL |  |  |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| WORKOUT #13 | WORKOUT #14 | WORKOUT #15 | WORKOUT #16 |  |  |  |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| WORKOUT #17 | WORKOUT #18 | WORKOUT #19 | WORKOUT #20 |  |  |  |
| 22 | 23 | 24 | 25 |  26 | 27 | 28 |
| WORKOUT #21 | WORKOUT #22 | WORKOUT #23 | WORKOUT #24 |  |  |  |
| 29 | 30 | 31 | 1 | 1st DAY 2 |  3 |  |
| DEAD | PERIOD | NO WORK | OUTS | PRACT. #1 HELMETS730-11 | PRACT. #2 HELMETS730-11PARENT MTG 1130 |  |
| 5 | 6 | 7 | PRACT. #6 8 | 9 | 10 |  |
| PRACT. #3 SHELLS730-11 | PRACT. #4 SHELLS730-11 | PRACT. #5 FULL GEAR 730-11 | SHELLS 730-11VAR ONLY 6-730 | SCRIMMAGE @ IL 6PM JV/VAR | FILM REVIEW10-1130 |  |

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| ALL WORKOUTS 830-1130 AM. | ALL ***MANDATORY*** PRACTICES BEGINFRI 8/2 730-11 | PHYSICALS MANDATORY TO START PRACTICE  | ALL PARENTS & STUDENTS ARE REQUIRED TO CREATE SEPARATE ACCOUNTS IN arbiterathlete.com TO COMPLETE PRE-PARTICIPATION REGISTRATION |