

# Summer Lifting Schedule

Week of: **July 5**

Set the starting date in cell C2. Rows 3 and 4 will automatically update with the correct dates and days of the week.

	7/5 MONDAY	7/6 TUESDAY	7/7 WEDNESDAY	7/8 THURSDAY	7/9 FRIDAY	7/10 SATURDAY	7/11 SUNDAY	Week Start Dates:
<b>Location:</b>	<b>Candor</b>	<b>Candor</b>	<b>Spencer</b>	<b>Spencer</b>	<b>Both</b>			7/5/21
8:00 AM	XC/OPEN (8-9am)		XC/Volley Ball (8-9am)		XC/OPEN (8-9am)			7/12/21
8:30 AM								7/19/21
9:00 AM	<b>Open (9-10am)</b>		<b>Open (9-10am)</b>		<b>CANDOR GAME (9-10)</b>			7/26/21
9:30 AM								8/2/21
10:00 AM	<b>OPEN (10-11am)</b>		<b>OPEN (10-11am)</b>		<b>OPEN (10-11am)</b>			8/9/21
10:30 AM								8/16/21
11:00 AM	<b>OPEN (11-12pm)</b>		<b>OPEN (11-12pm)</b>		<b>OPEN (11-12pm)</b>			8/23/21
11:30 AM								8/30/21
12:00 PM								
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM		<b>Open (2-3pm)</b>		Volley Ball/Open (2-3pm)				
2:30 PM								
3:00 PM		XC/OPEN (3-4pm)		XC/OPEN (3-4pm)				
3:30 PM								
4:00 PM		Modified Starts 7/12/21		Modified Starts 7/12/21				
4:30 PM								
5:00 PM		JV/Varsity Football (5-		JV/Varsity Football (5-				

5:30 PM		Football (5-6pm)		Football (5-6pm)				
6:00 PM		JV/Varsity Soccer (6-7pm)		JV/Varsity Soccer (6-7pm)				
6:30 PM								
7:00 PM								

**NOTES**

Monday and Tuesdays are at Candor

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Wednesdays and Thursdays are at Spencer

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Team Lifts are at Liberty to Change at discretion of Coaches and SM staff

Fridays lifts held seperate at each individual school attend whichever is most convenient

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Modified start date, 7/12

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**TO DO**

Programing for sports teams with team lifts, strong program, modified sessions +1week, general athlete sessions,

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Conditioning Programing and onramping for specific teams and individual group me/remind/etc. to be able to contact all athletes

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3 weeks of normal sessions left before summer schedule starts

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