

Arabian/Filly Summer Workouts 2023

Incoming 7th-12th graders

Workouts will occur on the following days:

June 5th-8th; 12th-15th; 19th-22nd

July 17th-20th; July 24th-25th

The schedule will have elements that rotate each week:

For the weeks - June 5th -8th; June 19th-22nd; July 24th-25th

8:30 am – 9:15 am HS Volleyball; MS Basketball; **HS Softball**

9:30 am - 10:15 am HS Basketball; MS Volleyball; **MS Softball**

10:30 am - 12:00 pm Strength and Conditioning

For the weeks - June 12th-15th; July 17th – 20th

8:30 am – 9:15 am HS Volleyball; MS Basketball; **MS Softball**

9:30 am - 10:15 am HS Basketball; MS Volleyball; **HS Softball**

10:30 am - 12:00 pm Strength and Conditioning

Students may participate in 2 skill sessions per day (45 minutes per sport – 90 minutes total) + that day's strength and conditioning session.

If a student only participates in one sport, that student may only participate in one skill session per day (up to 60 minutes) in that sport.

If an athlete plays all 3 sports; they are to follow the following schedule:

June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
If you are a 3 sport athlete then you follow this schedule.	OFF	OFF	OFF	1 OFF	2	3
4 VB in HS Gym BB in DSAC	5 HS VB 8:30 – 9:15 HS BB 9:30 – 10:15 MS BB 8:30 – 9:15 MS VB 9:30 – 10:15 Weights/Condition 10:30 – 12:00	6 HS SB 8:30 – 9:15 HS BB 9:30 – 10:15 MS BB 8:30 – 9:15 MS SB 9:30 – 10:15 Weights/Condition 10:30 – 12:00	7 HS VB 8:30 – 9:15 HS SB 9:30 – 10:15 MS SB 8:30 – 9:15 MS VB 9:30 – 10:15 Weights/Condition 10:30 – 12:00	8 HS VB 8:30 – 9:15 HS BB 9:30 – 10:15 MS BB 8:30 – 9:15 MS VB 9:30 – 10:15 Weights/Condition 10:30 – 12:00	9	10
11 VB in DSAC BB in HS Gym	12 HS VB 8:30 – 9:15 HS SB 9:30 – 10:15 MS SB 8:30 – 9:15 MS VB 9:30 – 10:15 Weights/Condition 10:30 – 12:00	13 HS SB 8:30 – 9:15 HS BB 9:30 – 10:15 MS BB 8:30 – 9:15 MS SB 9:30 – 10:15 Weights/Condition 10:30 – 12:00	14 HS VB 8:30 – 9:15 HS BB 9:30 – 10:15 MS BB 8:30 – 9:15 MS VB 9:30 – 10:15 Weights/Condition 10:30 – 12:00	15 HS SB 8:30 – 9:15 HS BB 9:30 – 10:15 MS BB 8:30 – 9:15 MS SB 9:30 – 10:15 Weights/Condition 10:30 – 12:00	16	17
18 VB in HS Gym BB in DSAC	19 HS SB 8:30 – 9:15 HS BB 9:30 – 10:15 MS BB 8:30 – 9:15 MS SB 9:30 – 10:15 Weights/Condition 10:30 – 12:00	20 HS SB 8:30 – 9:15 HS BB 9:30 – 10:15 MS BB 8:30 – 9:15 MS SB 9:30 – 10:15 Weights/Condition 10:30 – 12:00	21 HS VB 8:30 – 9:15 HS BB 9:30 – 10:15 MS BB 8:30 – 9:15 MS VB 9:30 – 10:15 Weights/Condition 10:30 – 12:00	22 HS VB 8:30 – 9:15 HS SB 9:30 – 10:15 MS SB 8:30 – 9:15 MS VB 9:30 – 10:15 Weights/Condition 10:30 – 12:00	23	24
25	26 OFF	27 OFF	28 OFF	29 OFF	30	

July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 OFF	4 OFF	5 OFF	6 OFF	7	8
9	10 OFF	11 OFF	12 OFF	13 OFF	14	15
16 VB in DSAC BB in HS Gym	17 HS VB 8:30 – 9:15 HS SB 9:30 – 10:15 MS SB 8:30 – 9:15 MS VB 9:30 – 10:15 Weights/Condition 10:30 – 12:00	18 HS VB 8:30 – 9:15 HS BB 9:30 – 10:15 MS BB 8:30 – 9:15 MS VB 9:30 – 10:15 Weights/Condition 10:30 – 12:00	19 HS SB 8:30 – 9:15 HS BB 9:30 – 10:15 MS BB 8:30 – 9:15 MS SB 9:30 – 10:15 Weights/Condition 10:30 – 12:00	20 HS VB 8:30 – 9:15 HS SB 9:30 – 10:15 MS SB 8:30 – 9:15 MS VB 9:30 – 10:15 Weights/Condition 10:30-12:00	21	22
23 VB in DSAC BB in HS Gym	24 HS VB 8:30 – 9:15 HS BB 9:30 – 10:15 MS BB 8:30 – 9:15 MS VB 9:30 – 10:15 Weights/Condition 10:30 – 12:00	25 HS VB 8:30 – 9:15 HS SB 9:30 – 10:15 MS SB 8:30 – 9:15 MS VB 9:30 – 10:15 Weights/Condition 10:30-12:00	26	27	28	29
30	31 First Day of HS Fall Sports					

