

JULY CALENDAR

MONROE FRESHMAN FOOTBALL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 8:00 WEIGHTS	3 8:00 WEIGHTS	4
5	6 8:00 WEIGHTS	7 8:00 WEIGHTS	8	9 8:00 WEIGHTS	10 8:00 WEIGHTS	11
12	13 8:00 WEIGHTS	14 8:00 WEIGHTS WITH COACH STANGER/COACH DEMICHELE	15	16 8:00 WEIGHTS WITH COACH STANGER/COACH DEMICHELE	17 8:00 WEIGHTS WITH COACH STANGER/COACH DEMICHELE	18
19	20 8:00 WEIGHTS	21 8:00 WEIGHTS	22	23 8:00 WEIGHTS	24 8:00 WEIGHTS	25
26	27 8:00 PRACTICE WEIGHTS	28 8:00 PRACTICE WEIGHTS	29 8:00 PRACTICE WEIGHTS	30 8:00 PRACTICE WEIGHTS	31 OFF	