

# JULY CALENDAR

# MONROE JUNIOR HIGH FOOTBALL

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