

June 2009

Lewistown Strength & Conditioning Summer Calendar

Start Times: Choose one of the following start times.
Be there 10 minutes early.

9th – 12th grade

8:15 am

9:15 am

8th – 9th grade

10:15 am

8th grade

11:15 am



There are no evening hours.

Important Notes...

1. If you cannot attend a session please let Coach Haubrick know ahead of time. Emergencies do happen, they will be excused. Vacations, sports camp, etc.. are excused if told ahead of time.
2. Three unexcused absences total may result in extra work or dismissal from the program.
3. June 29th is the last day to start for the summer. No one will be permitted to start after that date unless already arranged with coach.
4. You must have a signed permission slip in before you will be permitted to train.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15 1st Day Lift	16	17 Lift	18	19 Lift	20
21	22 Lift	23	24 Lift	25	26 Lift	27
28	29 Last Day to Start Lift	30 Lift				

July 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Lift	3	4
5	6 Lift	7	8 Lift	9	10 Lift	11
12	13 Lift	14	15 Lift	16	17 Lift	18
19	20 Lift	21	22 Lift	23	24 Lift	25
26	27 Lift	28	29 Lift	30	31 Lift	

August 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Lift	4	5 Lift	6	7 Lift	8
9	10 Lift	11	12 Last Day! Lift	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					