



**COYOTE ATHLETICS
SUMMER SCHEDULE
2021**

These training sessions are for all incoming freshmen through seniors. These workouts are an excellent opportunity to get stronger and prepare for the upcoming athletic season.

All times are in the morning.

SUN	MON	TUE	WED	THU	FRI	SAT
JUNE		1	2	3	4	5
	Workouts on your own					
6	7 Workouts	8	9 Workouts	10	11 Workouts	12
13	14 Workouts	15	16 Workouts	17	18 Workouts	19
20	21 Workouts	22	23 Workouts	24	25 Workouts	26
27	28 Workouts	29	30 Workouts			

SUN	MON	TUE	WED	THU	FRI	SAT
JULY				1	2	3
					Workouts	
4	5	6	7	8	9	10
Workouts on your own						
11	12 Workouts	13	14 Workouts	15	16 Workouts	17
18	19 Workouts	20	21 Workouts	22	23 Register	24
25	26 Workouts	27	28 Workouts	29	30 Workouts	31

June Schedule (+ July 2)

- Girls lifting 7:00—8:30
- Boys BKB 7:30—8:25
- Girls BKB 8:35—9:10
- Boys lifting 8:30—10:00
- Girls VB 9:15—10:00

July Schedule

- Girls lifting 7:00—8:30
- Boys lifting 8:30—10:00
- Girls VB 8:35—9:30

July 23:

Athletic Registration
due on www.familyid.com

SUN	MON	TUE	WED	THU	FRI	SAT	
AUGUST							
	1	2 Fall Practices Start	3	4	5	6	
				11 First day of school	12	13	14
	15	16	17	18	19	20 FB Scrimmage	21
	22	23	24	25	26 VB Scrimmage	27 FB 1st Game	28

August 2-10

- Football 7:00—10:00
- Cheer, Cross Country, Volleyball 7:00—9:00

August 7

Athletics meeting is part of new student orientation.

Fall Sport Practices

Starting on August 11, practices for football, volleyball, & cross country are from 3:20 - 5:30 pm and cheer from 3:30 - 5:00 pm every day after school.