



# JANUARY 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 New Year's Day	2	3	4	5
			<b>Pre-season Lifts 12 noon</b>			
6	7	8	9	10	11	12
	<u>Try-outs</u> 3RFS	<u>Try-outs</u> 2RB	<u>No Practice</u>	<u>BWL - 5:30pm</u>	<u>No Practice</u>	
13 <u>Base [70-80]</u>	14 <u>NO Afternoon</u>  <u>Stretch / Mobility Core</u>	15 <u>BWL - 5:30pm</u>  <u>BWL - Bench Class</u>	16 <u>BWL - 4:30pm</u> Olympic Lifts / Squats	17 <u>No Lift</u> <u>GWL Districts</u> <u>BWL - Bench Class</u>  <u>Stretch / Mobility Core</u>	18 <u>BWL - 4pm</u> Olympic Lifts / Squats	19
20 <u>Base [70-80]</u>	21 <u>ML King Day</u> <u>NO School</u> <u>GWL 11 AM</u> <u>BWL 1:00 pm</u>	22 <u>BWL - Bench Class</u> <u>BWL - 5:30pm</u> Olympic Lifts / Squats	23 <u>BWL - 4:30pm</u> Olympic Lifts / Squats	24 <u>GWL Regionals at FPC</u> <u>NO Afternoon</u> <u>BWL - Bench Class</u> <u>Stretch / Mobility</u>	25 <u>BWL - 4pm</u> Olympic Lifts / Squats	26
27 <u>Load [80-95]</u>	28 <u>BWL - 4pm</u> Olympic Lifts / Squats	29 <u>BWL - Bench Class</u> <u>BWL - 4pm</u> Olympic Lifts / Squats	30 <u>at Middleburg</u> <u>4:30pm</u>	31 <u>BWL - Bench Class</u> <u>BWL - 4pm</u> Olympic Lifts / Squats	1 <u>No Practice</u>	2 Groundhog Day
3	4	December 2018 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		February 2019 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28		Calendars by Vertex42.com © 2017 Vertex42 LLC. Free to print. Printable Calendars
		2019 Templates		2020 Templates		