

June

Railer Summer Strength and Conditioning Calendar

HS Boys: Session 1 7-8am & Session 2 8-9am 7th-12th Girls: Session 3 9:00-9:45am
Jr. High Boys: Session 4 9:45-10:30am 3rd-6th grade: Session 5 9:45-10:30am

Craig Amrein
785-639-1282

2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
29 May	30	31	1 June Session 1, 2, & 5	2 Session 1, 2, 3, & 4	3/4
5 Session 1, 2, 3, & 4	6 Session 1, 2, & 5	7 Session 3 & 4	8 Session 1, 2, & 5	9 Session 1, 2, 3, & 4	10/11
12 Session 1, 2, 3, & 4	13 Session 1, 2, & 5	14 Session 3 & 4	15 Session 1, 2, & 5	16 Session 1, 2, 3, & 4	17/18
19 Session 1, 2, 3, & 4	20 Session 1, 2, & 5	21 Session 3 & 4	22 Session 1, 2, & 5	23 Session 1, 2, 3, & 4	24/25
26 Session 1, 2, 3, & 4	27 Session 1, 2, & 5	28 Session 3 & 4 Jr. Railer Football Camp 2 nd -8 th Grade 10:30-noon	29 Session 1, 2, & 5 Jr. Railer Football Camp 2 nd -8 th Grade 10:30-noon	30 Session 1, 2, 3, & 4 Jr. Railer Football Camp 2 nd -8 th Grade 10:30-noon	1 July/2
3 Session 1, 2, 3, & 4	4	5	6 Session 1, 2, & 5	7 Session 1, 2, 3, & 4	8/9

july

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2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
26 June Session 1, 2, 3, & 4	27 Session 1, 2, & 5	28 Session 3 & 4	29 Session 1, 2, & 5	30 Session 1, 2, 3, & 4	1 July/2
3 Session 1, 2, 3, & 4	4 No weights Closed for the 4 th of July	5 No weights Closed for the 4 th of July	6 Session 1, 2, & 5	7 Session 1, 2, 3, & 4	8/9
10 Session 1, 2, 3, & 4 HS Football Camp 10 am	11 Session 1, 2, & 5 HS Football Camp 10 am	12 Session 3 & 4 HS Football Camp 10 am	13 Session 1, 2, & 5 HS Football Camp 10 am	14 Session 1, 2, 3, & 4 HS Football Camp 10 am	15/16
17 Session 1, 2, 3, & 4	18 Session 1, 2, & 5	19 Session 3 & 4	20 Session 1, 2, & 5	21 Session 1, 2, 3, & 4	22/23
24 Session 1, 2, 3, & 4	25 Session 1, 2, & 5	26 Session 3 & 4	27 Session 1, 2, & 5	28 Session 1, 2, 3, & 4	29/30
31 Session 1, 2, 3, & 4	1 August Session 1, 2, & 5	2 Session 3 & 4	3 Session 1, 2, & 5	4 Session 1, 2, 3, & 4	5/6

august

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2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
31 July Session 1, 2, 3, & 4	1 August Session 1, 2, & 5	2 Session 3 & 4	3 Session 1, 2, & 5	4 Session 1, 2, 3, & 4	5/6
7 HS Boys Max Day	8 HS Boys Max Day	9	10	11	12
14 First Day of Practice	15	16	17	18	19/20
21	22	23	24 First Day of School	25	26/27
28	29	30	31	1 September	2/3
4	5	6	7	8	9/10