

AUGUST 2016

CHS BOYS BASKETBALL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24 Outdoor Testing 3 -4pm	25 Weight Room Testing 4- 5:15	26	27
28	29 Lift # 1 4—5:15pm	30 Condition # 1 4—5pm	31 Lift # 2 4—5:15pm			

CHS BOYS BASKETBALL

Coach Will Mayer
william.mayer@stjohns.k12.fl.us



SEPTEMBER 2016

CHS BOYS BASKETBALL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Lift # 3 4- 5:15pm	2	3
4	5 NO SCHOOL	6 Lift # 4 4-5:15pm	7 Lift # 5 3- 4:15pm	8 Condition # 2 4-5pm	9 Lift # 6 4-5:15pm	10
11	12 Lift # 7 4- 5:15pm	13 Condition # 3 4-5pm	14 Lift # 8 3- 4:15pm	15 Condition # 4 4- 5pm	16 Lift # 9 4-5:15pm	17
18	19 Lift # 10 4-5:15pm	20 Condition #5 4-5pm	21 Lift # 11 3-4:15pm	22 Condition # 6 4-5pm	23 Lift # 12 4-5:15pm	24
25	26 Lift # 13 4- 5:15pm	27 Condition # 7 4- 5pm	28 Lift # 14 3-4:15pm	29 Lift # 15 4- 5:15pm	30 BT @ CS Football	

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OCTOBER 2016

CHS BOYS BASKETBALL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Lift # 16 4—5:15pm	4 Condition # 8 4—5pm	5 Lift # 17 3—4:15pm	6 Condition # 9 4—5pm	7 Lift # 18 4—5:15pm	8
9	10 Lift # 19 4—5:15pm	11 Condition # 9 4—5pm	12 Lift # 20 3—4:15pm	13 Condition # 10 4—5pm	14 Lift # 21 4—5:15pm	15
16	17 NO SCHOOL	18 Lift # 22 4—5:15pm	19 Lift # 23 3—4:15pm	20 Condition # 11 4—5pm	21 Lift # 24 4—5:15pm	22
23	24 Weight Room Testing 4—5:15	25 Outdoor Testing 4—5pm	26	27	28	29
30	31 TRYOUTS 4—6:15pm					

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