

May

2017

Harrison Wildcats Weight Room

Core Values: Trust, Respect, Ownership, Leadership

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Weight lifting 3:00-4:15pm	2 Weight lifting 3:00-4:15pm	3	4 Weight lifting 3:00-4:15pm	5 Morning weights 6:45-7:15 am	6
7	8 Weight lifting 3:00-4:15pm	9 Weight lifting 3:00-4:15pm	10	11 Weight lifting 3:00-4:15pm	12 Morning weights 6:45-7:15 am	13
14	15 Weight lifting 3:00-4:15pm	16 Weight lifting 3:00-4:15pm	17	18 Weight lifting 3:00-4:15pm	19 Morning weights 6:45-7:15 am	20
21	22 Weight lifting 3:00-4:15pm Helmet Pass Out Max testing	23 Weight lifting 3:00-4:15pm Helmet Pass Out Max testing	24	25 Weight lifting 3:00-4:15pm Max testing	26 Students Last Day High School Graduation	27
28	29	30	31			

	Memorial Day	Mini Camp 7-10:30	Mini Camp 7-10:30			