



2017 Swather Summer Workouts “Building Champions”



High School Males

Monday - Thursday 6:15 a.m. - 8:00 a.m.

(Football drills - 7:30 am - 8:00)

High School Females

Monday - Thursday 8:15 a.m. - 9:15 a.m.

Jr High Workouts

Monday, Tuesday, and Thursday 9:30 a.m. - 10:30 a.m.

Important Dates:

June 5 - All sessions begin

June 5 - 9 Middle School Camp (7:30 AM to 9:00 AM)

July 3-7 - Recovery Week; no workouts

















July 9-12 - HS Football Team Camp

July 25 - 27 - Youth Football Camp














August 3 - End of HS Female and JH workouts

August 7 - Beginning of HS Male Boot Camp

Summer Workouts: June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5  HMS Camp 7:30-9:00 AM	6  HMS Camp 7:30-9:00 AM	7  HMS Camp 7:30-9:00 AM	8  HMS Camp 7:30-9:00 AM	9 HMS Camp 7:30-9:00 AM	10
11	12 	13 	14 	15 	16	17
18	19 	20 	21 	22 	23	24
25	26 	27 	28 	29 	30	

Summer Workouts: July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Recovery Week - no sessions	4 Recovery Week - no sessions	5 Recovery Week - no sessions	6 Recovery Week - no sessions	7 Recovery Week - no sessions	8
9 Team Camp (evening)	10  Team Camp	11  Team Camp	12  Team Camp	13 	14	15 Last day of team contact per KSHSAA rules
16	17 	18 	19 	20 	21	22 SERVICE SATURDAY
23	24 	25  Youth Camp PM	26  Youth Camp PM	27  Youth Camp PM	28	29
30	31 					

Summer Workouts: August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 	2 	3  End of HS Females and MS sessions	4	5
6	7 BOOT CAMP	8 BOOT CAMP	9 BOOT CAMP	10 BOOT CAMP	11 BOOT CAMP	12
13	14 PRACTICE BEGINS!	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	