

# July 2018

## Spartan Sports Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Strength and Conditioning 5:30-7	3 Volleyball 5:30-7 Flag Football 5:30-7	4 Happy 4th of July	5 Basketball 5:30-7	6	7 Boys Basketball
8	9 Strength and Conditioning 5:30-7	10 Volleyball 5:30-7 Flag Football 5:30-7	11 Soccer 5:30-7	12 Basketball 5:30-7	13	14
15	16 Strength and Conditioning 5:30-7	17 Volleyball 5:30-7 Flag Football 5:30-7	18 Soccer 5:30-7	19 Basketball 5:30-7	20	21 Boys Basketball
22	23 Strength and Conditioning 5:30-7	24 Volleyball 5:30-7 Flag Football 5:30-7	25 Soccer 5:30-7	26 Basketball 5:30-7	27	28
29	30 Off	31 Off				

Off Season Sports is for students' grade 4<sup>th</sup>- 8<sup>th</sup> whom are interested in after school sports. We encourage all children to participate in these workouts for the betterment of the programs. All returning athletes are required to attend the session(s) that applies for the sport(s) in which they will be participating in. All athletes are required to participate in Monday's strength and conditioning session. If you have any questions please feel free to email me at [tomas.preves@stlukeparish.com](mailto:tomas.preves@stlukeparish.com).