

# Hortonville Workout Calendar for 9th-12th Grade

## June

Sun

Mon

Tue

Wed

Thu

Fri

Sat

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17

**Workout 5-7pm-FH**

JV Varsity-bball skills 7-8am-FH  
8-9am fitness-HFC  
9-10amspeed-Track  
Freshman-bball skills 7-8am-FH  
9-10am speed-Track, 10-11am fitness-HFC

**Workout 5-7pm-FH**

JV Varsity-bball skills 7-8am-FH  
8-9am fitness-HFC  
9-10amspeed-Track  
Freshman-bball skills 7-8am-FH  
9-10am speed-Track, 10-11am fitness-HFC Varsity  
Kimberly League 6pm-8pm

**Workout 5-7pm-FH**

Varsity, JV and Freshman - teach bball skills to 7<sup>th</sup> and 8<sup>th</sup> graders 7-8am-FH  
Varsity and JV 8-9am fitness-HFC  
Varsity and JV 9-10amspeed-Track  
Freshman- 9-10am speed-Track, 10-11am fitness-HFC

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**Open Gym 5-7pm-FH**

JV Varsity-bball skills 7-8am-FH  
8-9am fitness-HFC  
9-10amspeed-Track  
Freshman-bball skills 7-8am-FH  
9-10am speed-Track, 10-11am fitness-HFC  
**Youth Camp-8am-12pm-FH**

**Youth Camp-8am-12pm-FH**

JV Varsity-bball skills 7-8am-FH  
8-9am fitness-HFC  
9-10amspeed-Track  
Freshman-bball skills 7-8am-FH  
9-10am speed-Track, 10-11am fitness-HFC Varsity  
Kimberly League 6pm-8pm  
**Youth Camp-8am-12pm-FH**

**Youth Camp-8am-12pm-FH**

Varsity and JV 8-9am fitness-HFC  
Varsity and JV 9-10amspeed-Track  
Freshman- 9-10am speed-Track, 10-11am fitness-HFC  
**Youth Camp-8am-12pm-FH**

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**Open Gym 5-7pm-FH**

JV Varsity-bball skills 7-8am-FH  
8-9am fitness-HFC  
9-10amspeed-Track  
Freshman-bball skills 7-8am-FH  
9-10am speed-Track, 10-11am fitness-HFC

JV Varsity-bball skills 7-8am-FH  
8-9am fitness-HFC  
9-10amspeed-Track  
Freshman-bball skills 7-8am-FH  
9-10am speed-Track, 10-11am fitness-HFC Varsity  
Kimberly League 6pm-8pm

Varsity, JV and Freshman - teach bball skills to 7<sup>th</sup> and 8<sup>th</sup> graders 7-8am-FH  
Varsity and JV 8-9am fitness-HFC  
Varsity and JV 9-10amspeed-Track  
Freshman- 9-10am speed-Track, 10-11am fitness-HFC

2017

# Hortonville Workout Calendar for 9th-12th Grade

## July

Sun

Mon

Tue

Wed

Thu

Fri

Sat

**2** Open Gym 5-7pm-  
HMS

**3**

JV Varsity-bball skills 7-8am-HMS  
8-9am fitness-HFC  
9-10amspeed-Track  
Freshman-bball skills 7-8am HMS  
9-10am speed-Track, 10-11am fitness-HFC

**4**

**5**

JV Varsity-bball skills 7-8am-HMS  
8-9am fitness-HFC  
9-10amspeed-Track  
Freshman-bball skills 7-8am HMS  
9-10am speed-Track, 10-11am fitness-HFC  
Varsity Kimberly League 6pm-8pm

**6**

**7**

Varsity, JV and Freshman-teach bball skills to 7<sup>th</sup> and 8<sup>th</sup> graders 7-8am-HMS  
Varsity and JV 8-9am fitness-HFC  
Varsity and JV 9-10amspeed-Track  
Freshman- 9-10am speed-Track, 10-11am fitness-HFC

**8**

**9** Open Gym 5-7pm-  
HMS

**10**

JV Varsity-bball skills 7-8am-HMS  
8-9am fitness-HFC  
9-10amspeed-Track  
Freshman-bball skills 7-8am HMS  
9-10am speed-Track, 10-11am fitness-HFC

**11**

**12**

JV Varsity-bball skills 7-8am-HMS  
8-9am fitness-HFC  
9-10amspeed-Track  
Freshman-bball skills 7-8am HMS  
9-10am speed-Track, 10-11am fitness-HFC  
Varsity Kimberly League 6pm-8pm

**13**

**14**

Varsity, JV and Freshman-teach bball skills to 7<sup>th</sup> and 8<sup>th</sup> graders 7-8am-HMS  
Varsity and JV 8-9am fitness-HFC  
Varsity and JV 9-10amspeed-Track  
Freshman- 9-10am speed-Track, 10-11am fitness-HFC

**15**

**16** Open Gym 5-  
7pm-HMS

**17**

JV Varsity-bball skills 7-8am-HMS  
8-9am fitness-HFC  
9-10amspeed-Track  
Freshman-bball skills 7-8am HMS  
9-10am speed-Track, 10-11am fitness-HFC

**18**

**19**

JV Varsity-bball skills 7-8am-HMS  
8-9am fitness-HFC  
9-10amspeed-Track  
Freshman-bball skills 7-8am HMS  
9-10am speed-Track, 10-11am fitness-HFC  
Varsity Kimberly League 6pm-8pm

**20**

**21**

Varsity, JV and Freshman-teach bball skills to 7<sup>th</sup> and 8<sup>th</sup> graders 7-8am-HMS  
Varsity and JV 8-9am fitness-HFC  
Varsity and JV 9-10amspeed-Track  
Freshman- 9-10am speed-Track, 10-11am fitness-HFC

**22**

**23** Open Gym 5-  
7pm-HMS

**24**

JV Varsity-bball skills 7-8am-HMS  
8-9am fitness-HFC  
9-10amspeed  
Freshman-bball skills 7-8am HMS  
9-10am speed-Track, 10-11am fitness-HFC

**25**

**26**

JV Varsity-bball skills 7-8am-HMS  
8-9am fitness-HFC  
9-10amspeed-Track  
Freshman-bball skills 7-8am HMS  
9-10am speed-Track, 10-11am fitness-HFC

**27**

**28**

Varsity, JV and Freshman-teach bball skills to 7<sup>th</sup> and 8<sup>th</sup> graders 7-8am-HMS  
Varsity and JV 8-9am fitness-HFC  
Varsity and JV 9-10amspeed-Track  
Freshman- 9-10am speed-Track, 10-11am fitness-HFC

**29**

**30**

**31**

**2017**