

JUN 2019

SUN

MON

TUE

WED

THU

FRI

SAT

01

6am workouts
for those with
jobs

7am Girls
8am Boys

02

03

04

05

06

07

08



6 & 8 am
7am



6 & 8 am
7am



6 & 8 am
7am

09

10

11

12

13

14

15



6 & 8 am
7am



6 & 8 am
7am



6 & 8 am
7am

16

17

18

19

20

21

22



6 & 8 am
7am



6 & 8 am
7am



6 & 8 am
7am

23

24

25

26

27

28

29



6 & 8 am
7am



6 & 8 am
7am



6 & 8 am
7am

30

JUL 2019

SUN

MON

TUE

WED

THU

FRI

SAT

01

02

03

04

05

06

No Workouts

No Workouts

No Workouts

No Workouts

No Workouts

07

08

09

10

11

12

13



6 & 8 am
7am



6 & 8 am
7am



6 & 8 am
7am

14

15

16

17

18

19

20



6 & 8 am
7am



6 & 8 am
7am



6 & 8 am
7am

21

22

23

24

25

26

27



6 & 8 am
7am



6 & 8 am
7am



6 & 8 am
7am



6 & 8 am
7am

28

29

30

31



6 & 8 am
7am



6 & 8 am
7am



6 & 8 am
7am



6 & 8 am
7am



Summer 2019 Workout, Play Dates and Camps
Calendar
(6am workouts for those with jobs. 7am Girls & 8 Boys)
Workout dates on Calendars

Cheerleading: June 17th – 20th Varsity Cheerleaders @ Auburn Cheer Camp
July 6th – 9th Junior Varsity Cheerleaders @ Troy Cheer Camp

Football: Samford:

June 2nd Samford Quarterback Camp
June 8th Samford Mega Camp (\$65 per player)

Troy University:

June 6th Prospect Camp (\$40)
June 7th Prospect Camp (\$40)
June 10th Prospect Camp (\$40)
July 25th Prospect Camp (\$40)

Birmingham Southern:

June 18th Mega Camp

Faulkner: June 15th Prospect Camp (\$25)
July 20th Prospect Camp (\$25)

Univ West Florida:

July 12th Friday Night Lights (\$40)
July 14th Specialist Show Outs (\$40)
July 14th Sunday Night Showdown (\$40)

C.H.A.M.P. Camp: Dothan, AL
June 28-29

Basketball:

Play Dates - June 14th Highland Home
June 19th G.W. Long

Soccer: None



Volleyball:

Enterprise Volleyball Camp - July 8-10
Hanceville Volleyball Camp - July 23-26

Baseball:

Play Dates - Tuesday, June 11th in Goshen @ 6pm
Tuesday, June 18th in Goshen @ 6pm
Thursday, June 13th in Goshen @ 6pm
Thursday, June 20th in Goshen @ 6pm

Softball: TBA



The week of July 15th - 19th may change due to AHSAA All-star Week. We will let the student athletes know before these dates. Thank you and we wish all a safe and happy summer break.

