

Shelton Summer Weights and Athletic Schedule

MAY 2017

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		1		2		3		4		5		6	
7		8		9		10		11		12		13	
14	Weight Room Schedule	15		16		17		18		19	Last Day of School	20	
6-7:30 - HS Boys Weights (M-F)													
7:30-8 - HS Agility (M-F)													
8-9 - HS Girls Weights (M-F), JH Open Gym (MW) Only													
9-10:30 - JH Weights and Agility (MW) Only													
9-10 - HS Girls Open Gym (MW) VBall, (TTh) BBall													
10:15 - 11:30 - Youth Open Gym, (TTh) Only													
10:30-11:30 - Youth Agility (MW) Only													
21		22		23	Weights Start	24		25		26		27	
		Weight Room Closed				8th-12th Grade Students				NE Select BBall Tournament		NE Select BBall Tournament	
		Teacher In-service				Sport Physicals: 4 - 6pm (\$10)							
28		29		30		31							
NE Select BBall Tournament		Weight Room Closed											
		Memorial Day											
				Notes:									
				<div style="display: flex; justify-content: space-between;"> <div style="background-color: red; width: 15px; height: 15px; display: inline-block;"></div> Dates that are open and need coverage (Please initial if willing and available) </div>									
				<div style="display: flex; justify-content: space-between;"> <div style="background-color: orange; width: 15px; height: 15px; display: inline-block;"></div> HS Boys Basketball </div>									
				<div style="display: flex; justify-content: space-between;"> <div style="background-color: yellow; width: 15px; height: 15px; display: inline-block;"></div> Football </div>									
				<div style="display: flex; justify-content: space-between;"> <div style="background-color: magenta; width: 15px; height: 15px; display: inline-block;"></div> Volleyball </div>									
				<div style="display: flex; justify-content: space-between;"> <div style="background-color: cyan; width: 15px; height: 15px; display: inline-block;"></div> HS Girls Basketball </div>									
				<div style="display: flex; justify-content: space-between;"> <div style="background-color: blue; width: 15px; height: 15px; display: inline-block;"></div> Wrestling </div>									
				<div style="display: flex; justify-content: space-between;"> <div style="background-color: green; width: 15px; height: 15px; display: inline-block;"></div> Cross Country </div>									

Shelton Summer Weights and Athletic Schedule

JUNE 2017

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Weight Room Schedule								1	7	2	8	3	
6-7:30 - HS Boys Weights (M-F)													
7:30-8 - HS Agility (M-F)								HS FB Camp - 8pm		HS FB Camp - 8pm			
8-9 - HS Girls Weights (M-F), JH Open Gym (MW) Only													
9-10:30 - JH Weights and Agility (MW) Only													
9-10 - HS Girls Open Gym (MW) VBall, (TTh) BBall													
10:15 - 11:30 - Youth Open Gym, (TTh) Only													
10:30-11:30 - Youth Agility (MW) Only													
4		5	Agility Starts	9	6	10	7	11	8	12	9	13	10
		GICC BB League Depart 5:30pm			VB WR League 5pm		GICC BB League Depart 5:00pm						
							5th-8th FB Camp - 8pm						
							HS FB Team Camp - Harvard						
					5th-8th Grade Girls Basketball Camp - 8:30-10:30 (Tuesday through Thursday)								
					1st-4th Grade Basketball Camp - 10:30-12:00 (Tuesday & Wednesday)								
11		12		14	13	15	14	16	15	17	16	18	17
		GICCBall League Depart 4:15pm			VB WR League 5pm		GICC Boys BBall League 4:15pm						
							5th-8th FB Camp - 8pm						
					SHELTON BOYS BB 9-noon (5-8th 9-10:30) 9-12 (10:30-noon)				HS BB CAMP @ GICC - 8:30am-5pm				
18		19		19	20	20	21	21	22	22	23	23	24
		GICCBall League Depart 5:30			VB WR League 5pm		GICCBall Depart 5:00						
							5th-8th FB Camp - 8pm						
25		26		24	27	25	28	26	29	27	30	28	
		GICCBall League Depart 5:00			VB WR League 5pm		GICCBall League Depart 5:00		HS GBB @ Hastings Camp				
							5th-8th FB Camp - 8pm						
		HS Wrestling @ Hastings College			HS Wrestling @ Hastings College		HS Wrestling @ Hastings College						
		Notes:			Dates that are open and need coverage (Please initial if willing and available)								
					HS Boys Basketball		Football		Volleyball				
					HS Girls Basketball		Wrestling		Cross Country				

Shelton Summer Weights and Athletic Schedule

JULY 2017

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Weight Room Schedule												1	
6-7:30 - HS Boys Weights (M-F)													
7:30-8 - HS Agility (M-F)													
8-9 - HS Girls Weights M-F, JH Open Gym (MW Only)													
9-10:30 - JH Weights and Agility (MW Only)													
9-10 - HS Girls Open Gym (MW) VBall, (TTh) BBall													
10:15 - 11:30 - Youth Open Gym, (TTh Only)													
10:30-11:30 - Youth Agility (MW Only)													
2		3	29	4		5	30	6	31	7	32	8	
		GICC Boys BBall Depart 5:30		Shelton Stampede		GICC BBall Depart 5:15		7th - 12th XC Camp @ Cozad					
				Sand VB Tournament		NO Jr High Speed/Agility		HS/Youth Wrestling Camp (7th-12th 8-11)/(K-6th 11-12:30)					
				Weight Room Closed 4th of July									
9		10	33	11	34	12	35	13	36	14	37	15	
		GICC BBall Depart TBA		VB Team Camp @ Ord JV/V		GICC BBall TBA		HS FB Camp - 8pm		HS FB Camp - 7pm		HS FB Team Camp - L/N	
16		17	38	18	39	19	40	20	41	21	42	22	
		8am-3pm HS VB Camp @ SHS		8am-3pm HS VB Camp @ SHS				C/JV VB Team Camp @ KC					
				HS FB 5 on 5 Camp - Elm Creek				Youth FB Camp - 9am to 12pm (K-4th) and 8pm- 9:30pm (5th-8th)					
23		24	43	25	44	26	45	27	46	28	47	29	
30		31	Agility Ends 48	Notes:									
				Dates that are open and need coverage (Please initial if willing and available)									
		HS FB Conditioning		HS Boys Basketball		Football		Volleyball					
				HS Girls Basketball		Wrestling		Cross Country					

Shelton Summer Weights and Athletic Schedule

AUGUST 2017

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Weight Room Schedule				1	49	2	50	3	51	4	52	5	
6-7:30 - HS Boys Weights (M-F)				HS FB Conditioning		HS FB Conditioning		HS FB Conditioning		HS FB Conditioning		VB Sludge Trudge @ Stuhr (GI)	
7:30-8 - HS Agility (M-F)													
8-9 - HS Girls Weights (M-F), JH Open Gym MW Only													
9-10:30 - JH Weights and Agility (MW) Only													
9-10 - HS Girls Open Gym (MW) VBall, (TTh) BBall													
10:15 - 11:30 - Youth Open Gym, (TTh) Only													
10:30-11:30 - Youth Agility (MW) Only													
6		7	53	8	54	9	55	10	56	11	Weights End 57	12	
		Football Practice Begins											
		CC Conditioning											
		VB Conditioning											
13		14	School Starts	15		16		17		18		19	
		Cross Country Practice Begins								HS FB Skills Competition			
		Volleyball Practice Begins											
20		21		22		23		24		25		26	
										FB vs. Pleasanton			
27		28		29		30		31					
								CC @ Gibbon Invite					
								VB @ Red Cloud Quad					
				Notes:									
				Dates that are open and need coverage (Please initial if willing and available)									
				HS Boys Basketball		Football		Volleyball					
				HS Girls Basketball		Wrestling		Cross Country					