

July

2017

ECS Athletics

Summer Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
BBB-Boys Basketball GBB-Girls Basketball WT- Weight Training	FB-Football OG-Open Gym					1	
2	3	4	5	6	7	8	
9	GS Fitness-8-9AM GBB 9-10:30AM 7 on 7 FB 6 PM VB 5-7 OG Weight Training 5-7	10 Fitness 6:30-8 AM GBB @ Salamanca 6-8 BBB OG 6:30-8:30PM Weight Training 5-7	11 Fitness 6:30-8 AM BBB @ Olean 5PM VB OG 5-7	12 Fitness 6:30-8:00 AM BBB @ Salamanca 6 PM Weight Training 5-7	13 Fitness 6:30-8:00 AM BBB @ Salamanca 6 PM Weight Training 5-7	14 Fitness 6:30-8:00 AM BBB @ Eville 8 PM GBB @ Randolph 6 PM WT 5-7	15
16	Fitness 8-9 AM GBB 9-10:30 AM 7 on 7 FB 6 PM VB OG 5-7 WT 5-7	17 Fitness 6:30-8:00 AM GBB @ Eville 6-8 PM BBB OG 4-6 PM WT 5-7	18 Fitness 6:30-8:00 AM BBB @ Salamanca 8 PM VB OG 5-7	19 Fitness 6:30-8:00 AM BBB @ Eville 8 PM GBB @ Randolph 6 PM WT 5-7	20 Fitness 6:30-8:00 AM BBB @ Eville 5 PM WT 5-7	21 Fitness 6:30-8:00 AM BBB @ Eville 5 PM WT 5-7	22
23	Fitness 8-9 AM GBB 9-10:30 AM 7 on 7 FB 6 PM VB OG 5-7 WT 5-7	24 Fitness 6:30-8:00 AM WT 5-7 BBB OG 6:30-8:30 PM	25 Fitness 6:30-8:00 AM WT 5-7 BBB OG 6:30-8:30 PM	26 Fitness 6:30-8:00 AM BBB @ Eville 5 PM WT 5-7	27 Fitness 6:30-8:00 AM BBB @ Eville 5 PM WT 5-7	28 Fitness 6:30-8:00 AM BBB @ Eville 5 PM WT 5-7	29
30	Fitness 8-9AM GBBB 9-10:30 AM 7 on 7 FB 6 PM VB OG 5-7 WT 5-7	31 GS Captain Practice 7-8 WT 5-7 BBB OG 6:30-8:30 PM	1 GS Captain Practice 7-8 WT 5-7 BBB OG 6:30-8:30 PM	2 GS Captain Practice 7-8 WT 5-7 BBB @ Salamanca 8PM VB OG 5-7	3 GS Capt. Practice 7-8 AM BBB @ Eville TBA WT 5-7	4 GS Capt. Practice 7-8 AM BBB @ Eville TBA WT 5-7	5 BBB Houghton Team Camp