

## Black & Gold SPS Schedule

**Workouts = approximately 75 min.**

For 6<sup>th</sup> – 12<sup>th</sup> Central Boys

**Parents – KEEP THIS SCHEDULE!!**

**\*NOTE: July 1 – July 7 is a state-mandated (KSHSAA) moratorium for all sports and training**

**NEW THIS YEAR: 9<sup>th</sup> grade student athletes will work out at 6:30 AM to 7:45 AM. NO separate 9<sup>th</sup> grade session.**

| Monday thru Thursday | Location: ACHS  | Location: ACMS  |
|----------------------|---|---|
| Dates                | Grades and Times  | Grades and Times                                      |
| June 3               | 9 <sup>th</sup> – 12 <sup>th</sup> gr 6:30 AM – 7:45 AM | 6 <sup>th</sup> -8 <sup>th</sup> gr 8:15 AM – 9:30 AM |
| June 4               | 9 <sup>th</sup> – 12 <sup>th</sup> gr 6:30 AM – 7:45 AM | 6 <sup>th</sup> -8 <sup>th</sup> gr 8:15 AM – 9:30 AM |
| June 5               | 9 <sup>th</sup> – 12 <sup>th</sup> gr 8:00 AM – 9:00 AM | OFF   |
| June 6               | 9 <sup>th</sup> – 12 <sup>th</sup> gr 6:30 AM – 7:45 AM | 6 <sup>th</sup> -8 <sup>th</sup> gr 8:15 AM – 9:30 AM |
| June 10              | 9 <sup>th</sup> – 12 <sup>th</sup> gr 6:30 AM – 7:45 AM | 6 <sup>th</sup> -8 <sup>th</sup> gr 8:15 AM – 9:30 AM |
| June 11              | 9 <sup>th</sup> – 12 <sup>th</sup> gr 6:30 AM – 7:45 AM | 6 <sup>th</sup> -8 <sup>th</sup> gr 8:15 AM – 9:30 AM |
| June 12              | 9 <sup>th</sup> – 12 <sup>th</sup> gr 8:00 AM – 9:00 AM | OFF   |
| June 13              | 9 <sup>th</sup> – 12 <sup>th</sup> gr 6:30 AM – 7:45 AM | 6 <sup>th</sup> -8 <sup>th</sup> gr 8:15 AM – 9:30 AM |
| June 17              | 9 <sup>th</sup> – 12 <sup>th</sup> gr 6:30 AM – 7:45 AM | 6 <sup>th</sup> -8 <sup>th</sup> gr 8:15 AM – 9:30 AM |
| June 18              | 9 <sup>th</sup> – 12 <sup>th</sup> gr 6:30 AM – 7:45 AM | 6 <sup>th</sup> -8 <sup>th</sup> gr 8:15 AM – 9:30 AM |
| June 19              | 9 <sup>th</sup> – 12 <sup>th</sup> gr 8:00 AM – 9:00 AM | OFF   |
| June 20              | 9 <sup>th</sup> – 12 <sup>th</sup> gr 6:30 AM – 7:45 AM | 6 <sup>th</sup> -8 <sup>th</sup> gr 8:15 AM – 9:30 AM |
| June 24              | 9 <sup>th</sup> – 12 <sup>th</sup> gr 6:30 AM – 7:45 AM | 6 <sup>th</sup> -8 <sup>th</sup> gr 8:15 AM – 9:30 AM |
| June 25              | 9 <sup>th</sup> – 12 <sup>th</sup> gr 6:30 AM – 7:45 AM | 6 <sup>th</sup> -8 <sup>th</sup> gr 8:15 AM – 9:30 AM |
| June 26              | 9 <sup>th</sup> – 12 <sup>th</sup> gr 8:00 AM – 9:00 AM | OFF   |
| June 27              | 9 <sup>th</sup> – 12 <sup>th</sup> gr 6:30 AM – 7:45 AM | 6 <sup>th</sup> -8 <sup>th</sup> gr 8:15 AM – 9:30 AM |
| July 1               | OFF *   | OFF *   |
| July 2               | OFF *   | OFF *   |
| July 3               | OFF *   | OFF *   |
| July 4               | OFF *   | OFF *   |
| July 8               | OFF - Open Room TBA                                     | OFF   |
| July 9               | OFF - Open Room TBA                                     | OFF   |
| July 10              | OFF- Open Room TBA                                      | OFF   |
| July 11              | OFF   | OFF   |
| July 15              | 9 <sup>th</sup> – 12 <sup>th</sup> gr 6:30 AM – 7:45 AM | 6 <sup>th</sup> -8 <sup>th</sup> gr 8:15 AM – 9:30 AM |
| July 16              | 9 <sup>th</sup> – 12 <sup>th</sup> gr 6:30 AM – 7:45 AM | 6 <sup>th</sup> -8 <sup>th</sup> gr 8:15 AM – 9:30 AM |
| July 17              | 9 <sup>th</sup> – 12 <sup>th</sup> gr 8:00 AM – 9:00 AM | OFF   |
| July 18              | 9 <sup>th</sup> – 12 <sup>th</sup> gr 6:30 AM – 7:45 AM | 6 <sup>th</sup> -8 <sup>th</sup> gr 8:15 AM – 9:30 AM |
| July 22              | 9 <sup>th</sup> – 12 <sup>th</sup> gr 6:30 AM – 7:45 AM | 6 <sup>th</sup> -8 <sup>th</sup> gr 8:15 AM – 9:30 AM |
| July 23              | 9 <sup>th</sup> – 12 <sup>th</sup> gr 6:30 AM – 7:45 AM | 6 <sup>th</sup> -8 <sup>th</sup> gr 8:15 AM – 9:30 AM |
| July 24              | 9 <sup>th</sup> – 12 <sup>th</sup> gr 8:00 AM – 9:00 AM | 6 <sup>th</sup> -8 <sup>th</sup> gr 8:15 AM – 9:30 AM |
| July 25              | OFF   | OFF   |
| July 29              | 9 <sup>th</sup> – 12 <sup>th</sup> gr 6:30 AM – 7:45 AM | 6 <sup>th</sup> -8 <sup>th</sup> gr 8:15 AM – 9:30 AM |
| July 30              | 9 <sup>th</sup> – 12 <sup>th</sup> gr 6:30 AM – 7:45 AM | 6 <sup>th</sup> -8 <sup>th</sup> gr 8:15 AM – 9:30 AM |
| July 31              | 9 <sup>th</sup> – 12 <sup>th</sup> gr 8:00 AM – 9:00 AM | OFF   |
| Aug 1                | 9 <sup>th</sup> – 12 <sup>th</sup> gr 6:30 AM – 7:45 AM | 6 <sup>th</sup> -8 <sup>th</sup> gr 8:15 AM – 9:30 AM |