

# June

**2021**

## VIKING CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	ZOOM Meeting 5:00	Speed/Cond. 4:30-5:30	Weight Training 4:30-5:30	Speed/Cond. 4:30-5:30	Weight Training 4:30-5:30	
6	Weight Training 4:30-5:30	Speed/Cond. 4:30-5:30	Weight Training 4:30-5:30	Speed/Cond. 4:30-5:30 Gear 5:30-6:30	Weight Training 4:30-5:30 Gear 5:30-6:30	12
13	Spring Drills 4:00-6:30	HIS Graduation Day	Spring Drills 4:00-6:30	Spring Drills 4:00-6:30	Spring Drills 4:00-6:30	Weight Training 4:30-5:30
20	Spring Drills 4:00-6:30	Spring Drills 4:00-6:30	Weight Training 4:30-5:30	Spring Drills 4:00-6:30	Spring Drills 4:00-6:30	Lynnwood Scrimmage TBD (11:00?)
27	Weight Training 4:30-5:30	Speed/Cond. 4:30-5:30	Weight Training 4:30-5:30	Speed/Cond. 4:30-5:30	Weight Training 4:30-5:30	3

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# July

# 2021

## VIKING CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Weight Training 4:30-5:30	6 Speed/Cond. 4:30-5:30	7 Weight Training 4:30-5:30	8 Speed/Cond. 4:30-5:30	9 Weight Training 4:30-5:30	10
11	12 Weight Training 4:30-5:30	13 Speed/Cond. 4:30-5:30	14 Weight Training 4:30-5:30	15 Speed/Cond. 4:30-5:30	16 Weight Training 4:30-5:30	17
18	19 Weight Training 4:30-5:30	20 Viking Camp 4:00-5:30	21 Viking Camp 4:00-5:30	22 Viking Camp 4:00-5:30	23 Viking Camp 4:00-5:30	24
25	26 Weight Training 4:30-5:30	27 Speed/Cond. 4:30-5:00	28 Weight Training 4:30-5:00	29 Speed/Cond. 4:30-5:00	30 Weight Training 4:30-5:00	31

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# August

**2021**

## VIKING CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Weight Training 4:30-5:30	3 Speed/Cond 4:30-5:30	4 Weight Training 4:30-5:30	5 Speed/Cond 4:30-5:30	6 Weight Training 4:30-5:30	7
8	9 Weight Training 4:30-5:30	10 Speed/Cond 4:30-5:30	11 Weight Training 4:30-5:30	12 Speed/Cond 4:30-5:30	13 Weight Training 4:30-5:30	14
15	16 Gear Handout Seniors 4:00-4:30 Juniors 4:30-5:00	17 Gear Handout Soph 4:00-4:30 Fresh 4:30-5:00	18 Fall Practice 4:00-6:30	19 Fall Practice 4:00-6:30	20 Fall Practice 4:00-6:30	21 Fall Practice 10-12:00 1:00-3:00
22	23 Fall Practice 4:00-6:00 6:30-8:30	24 Fall Practice 4:00-6:30	25 Fall Practice 4:00-6:00 6:30-8:30	26 Fall Practice 4:00-6:30	27 Fall Practice 4:00-6:00 6:30-8:30	28 Pictures 10-11:30 Scrimmage 12:00-1:00
29	30 Game Week Practice 4-6:30	31 Game Week Practice 4-6:30	Sept 1 Game Week Practice 4-6:30	Sept 2 Game Week Practice 4-6:30	Sept 3 Game 1 Juanita	

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