

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 T-Bird Camp @Bellevue West	2 T- Bird Camp @Bellevue West	3 Weight Training	4 Off for Holiday	5 Off	6
7	10 Weight Training	11 Speed Training Open Mat	12 Weight Training	13 Speed Training Open Mat	12 Weight Training	13
14	17 Weight Training	18 Speed Training Open Mat	19 Weight Training	20 Speed Training Open Mat	19 Weight Training	20
21	24 Weight Training	25 Speed Training Open Mat	26 Weight Training	27 Speed Training Open Mat	26 Weight Training	27
28	29 Weight Training	30 Speed Training Open Mat	31 Weight Training	Aug. 1 Speed Training Open Mat	Aug. 2 Weight Training	

EVENTS

T- Bird Camp 1-2

Chadron State College Head coach
Brett Hunter 2x NCAA div.2 Champion.
We will Commute to this Camp

Open Mat

Open mats will be held from 6-730PM
for grades any students grade 7-12.
These are technique not conditioning
sessions.