

Sept/October

2025

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

November

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Conditioning 3:00-4:00	4 Conditioning 3:00-4:00	5 Conditioning 3:00-4:00	6 Conditioning 3:00-4:00	7	8
9	10 KSHSAA Buffer Week No Workouts	11 KSHSAA Buffer Week No Workouts	12 KSHSAA Buffer Week No Workouts	13 KSHSAA Buffer Week No Workouts	14 KSHSAA Buffer Week No Workouts	15
16	17 1 st Day of Tryouts	18	19	20	21	22
23	24	25	26	27	28	29
30						