



COYOTE ATHLETICS 2023 SUMMER SCHEDULE

These weight lifting and sport-specific training sessions are available for all incoming freshmen through seniors. These workouts are an excellent opportunity to get stronger and prepare for the upcoming athletic season. Coaches will share more sport-specific information with interested student-athletes.

June Schedule

Girls weight lifting	7:00—8:30 am	Boys basketball training	7:30—8:25 am
Girls basketball training	8:35—9:10 am	Boys weight lifting	8:30—10:00 am
Girls volleyball training	9:15—10:00 am		

July Schedule (+ Aug. 2, 4)

Girls weight lifting	7:00—8:30 am	Boys weight lifting	8:30—10:00 am
Girls volleyball	8:35—9:30 am		

July 21

Athletic registration is due on www.familyid.com

July 24

Football practice begins. Football practices are every week day from 6:00—9:00 pm. For all others sports, weight lifting and training workouts continue on Monday, Wednesday, and Friday from 7:00—9:30 am.

August 5

This athletics meeting is part of new student orientation. Returning students do not need to attend this meeting. Information will be shared with returning students and families through email.

August 7

Official fall practices start for cheer, cross country, and volleyball. Volleyball has tryouts, so attendance is important to make a team

August 9 First Day of School

Starting on August 9, all fall sport (cross country, football, volleyball) practices are from 3:20—5:30 pm every day after school. Cheer practice goes from 3:30—5:00).

Athletic Fees

Starting this year, no athletic fees will be assessed for participation in any sport during the school year. However, there is a **fee of \$75** per student-athlete for the summer weight lifting and training sessions. This fee covers all expenses connected to our summer programs. Payments can be made in the main office by check or credit card.

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
	Workouts on your own				2	3
4	5 Workouts	6	7 Workouts	8	9 Workouts	10
11	12 Workouts	13	14 Workouts	15	16 Workouts	17
18	19 Workouts	20	21 Workouts	22	23 Workouts	24
25	26 Workouts	27	28 Workouts	29	30 Workouts	

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	Workouts on your own				7	8
9	10 Workouts	11	12 Workouts	13	14 Workouts	15
16	17 Workouts	18	19 Workouts	20	21 Registration Workouts	22
23	24 Football Practice Starts	25	26 Workouts	27	28 Workouts	29

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
30	31 Workouts	1	2 Workouts	3	4 Workouts	5 New Athlete & Parent Mtg.
6	7 Official Start: VB, CC, Cheer Practice	8 VB, CC, Cheer Practice	9 First day of school	10 FB Scrimmage @ Ben Franklin 6:00	11	12
13	14	15	16	17	18 Football's First Game	19
20	21	22	23	24 Volleyball Scrimmage	25	26