May 2024

						Weights Volleyball Football Basketball Cross Country Wresting	SI
2			-	1			SUNDAY
26			19	12			
							MONDAY
27			20	13	6		
2	HS B Basketball 8:30-9:30AM MS B Basketball 9:30-10:30AM HS G Basketball 10:30-11:30AM MS G Basketball 11:30-12:30PM	Weights 6:45AM-7:30AM - HS Girls 7:15AM - 8:00AM - HS Boys 8:00AM-9:00AM - MS (B/G)	2		7		TUESDAY
28		Weig 6:45 7:15 8:00	21	14	7		
	FB Workouts: 8:00AM	Weights 6:45AM-7:30AM - HS Girls 7:15AM - 8:00AM - HS Boys 8:00AM-9:00AM - MS (B/G)					WEDNESDAY
29			22	15	ω	1	
WR Open Mat: TBA 30	Baumann Camp: 9AM-12PM HS B Basketball 8:30-9:30AM MS B Basketball 9:30-10:30AM HS G Basketball 10:30-11:30AM MS G Basketball 11:30-12:30PM	Weights 6:45AM-7:30AM - HS Girls 7:15AM - 8:00AM - HS Boys 8:00AM-9:00AM - MS (B/G)	23	16	9	2	THURSDAY
	Baumann Camp: 9AM-12PM						FRIDAY
31			24	17	10	ω	
							SATURDAY
			25	18	E .	4	Y

NOTES:

Dates and times are subject to change.

Please check www.clarinda.k12.la.us or download the mobile app bound for up to date calendar.

August 2024

. 25	18	11		4	SUNDAY
26	19	12	Weights 8:00AM-9:00AM - MS (B/G)	Weights B:00AM-9:00AM - MS (B/G) HS VB Camp - TBA	MONDAY
	20	13	Weights 8:00AM-9:00AM - MS (B/G)	Weights 8:00AM-9:00AM - MS (B/G) HS VB Camp - TBA	TUESDAY
28	21	14	Weights 8:00AM-9:00AM - MS (B/G)	Weights 8:00AM-9:00AM - MS (B/G) HS VB Camp - TBA	WEDNESDAY
29	22	15	Weights 8:00AM-9:00AM - MS (B/G)	Weights 8:00AM-9:00AM - MS (B/G) HS VB Camp - TBA	THURSDAY 1
30	23	16		HS VB Camp - TBA	FRIDAY 2
31	24	17		10	SATURDAY 3

NOTES:

Dates and times are subject to change.

Please check www.clarinda.k12.ia.us or download the mobile app bound for up to date calendar.

## June 2024

Weights 7:15AM - B:00AM - HS Girls 7:15AM - B:00
(G)MS/HS WR Open Mat 6:30-7:30 XC MS 7-3AM XC HS (G) 7:30-8:45AM XC HS (B) 8-9:15 AM

NOTES:

Dates and times are subject to change.

Please check www.clarinda.k12.ia.us or download the mobile app bound for up to date calendar.

28	(G)MS/HS WR Open Mat 6:30-7:30pm	(G)MS/HS WR Open Mat 6:30-7:30pm	(G)MS/HS WR Open Mat 6:30-7:30pm	SUNDAY
29	6.49AM-7:30AM - HS Boys 8:00AM-9:00AM - HS Boys 8:00AM-9:00AM - MS (B/G) MS VB Open Gym: 9AM-10AM HS VB Open Gym: 10AM-11AM HS VB Open Gym: 10AM-11AM FB Workouts: 8:00AM CMS 7-8AM XC MS (5) 7:30-8:45AM XC MS (6) 8-9:15 AM	7:15,AM - 8:00AM - HS Boys 8:00AM-9:00AM - MS (B/G) 8:00AM-9:00AM - MS (B/G) (G)MS/HS Wrestling Camp 10am-3pm FB Workouts: 8:00AM FB Workouts: 8:00AM XC HS (G) 7:30-8:45AM XC HS (B) 8-9:15 AM Weights  15	CO WAMA	Weights 6:45AM-7:30AM - HS Girls 7:15AM - 8:00AM - HS Boys 8:00AM-9:00AM - MS (B/G) MS VB Open Gym: 9AM-10AM HS VB Open Gym: 10AM-11AM HS VB Open Gym: 10AM-11AM FB Workouts: 8:00AM FB Workouts: 8:00AM XC MS 7-8AM
30	7:15,44 - 8:00,44 - HS bays 8:00,44 - 8:00,44 - HS bays 8:00,44 - 8:00,44 - HS (8)/G) 8:00,44 - 8:00,44 - HS (8)/G MS B Basketball 8:30-9:30,44 MS B Basketball 10:30-11:30,44 HS G Basketball 11:30-12:30,44 MS G Basketball 11:30-12:30,44 MS G Basketball 11:30-12:30,44 MS G Basketball 11:30-12:30,44 MS G Basketball 11:30,41 MS G Basketball 23,44 MS G Basketball 24,44 MS G B	7:15AM - 8:00AM - H5 Boys 8:00AM-9:00AM - M5 (B/G) 8:00AM-9:00AM - M5 (B/G) HS B Basketball 8:30-9:30AM MS B Basketball 9:30-10:30AM MS G Basketball 11:30-12:30AM MS G Basketball 11:30-12:30AM	8:00AM-9:30AM - HS Girls 7:15AM-9:00AM - HS Boys 8:00AM-9:00AM - MS (B/G)  HS B Basketball 8:30-9:30AM MS B Basketball 10:30-10:30AM MS G Basketball 11:30-12:30AM MS G Basketball 11:30-1	TUESDAY  Weights 6:45AM-7:30AM - HS Girls 7:15AM - 8:00AM - HS Girls 7:15AM - 8:00AM - HS Goys 8:00AM-9:00AM - MS (B/G)  HS B Basketball 8:30-9:30AM MS B Basketball 9:30-10:30AM MS G Basketball 10:30-11:30AM MS G Basketball 11:30-12:30PM XC MS 7-8AM XC MS 7-8AM XC HS (G) 7:30-8:45AM XC HS (G) 8-9:15 AM XC HS (G) 8-9:15 AM
Dead Week	7:15AM - 8:00AM - HS Boys 8:00AM - 9:00AM - HS (B/G) 8:00AM - 9:00AM - 15 (B/G) MS VB Open Gym: 9AM-10AM HS VB Open Gym: 10AN-11AM FB Workouts: 8:00AM (G)MS/HS WR Open Mat 6:30-7:30pm XC HS (G) 7:30-8:45AM XC HS (G) 8-9:15 AM	7:15AM -8:00AM - HS Boys 8:00AM-9:00AM - MS (B)G) FB Workouts: 8:00AM (G)MS/HS WR Open Mat 6:30-7:30pm XC HS (G) 7:30-8:45AM XC HS (G) 7:30-8:45AM	6:43AN-7:30AM - HS Girls 7:15AM - 8:00AM - HS Boys 8:00AM-9:00AM - MS (B/G) WS VB Open Gym: 9AM-10AM HS VB Open Gym: 10AM-11AM EB Workouts: 8:00AM (G)M5/HS WR Open Mat 6:30-7:30pm XC HS (G) 7:30-9:45AM XC HS (G) 7:30-9:45AM XC HS (G) 8:9-15 AM Weights K-45AM-7:30AM - HS Girls	Weights 6:45.AM-7:30.AM - HS Girls 7:15.AM - 8:00.AM - HS Girls 7:15.AM - 8:00.AM - HS Girls 8:00.AM-9:00.AM - HS (B/G) 8:00.AM-9:00.AM - MS (B/G) 8:00.AM-9:00.AM - MS (B/G) 8:00.AM-9:00.AM - MS VB Open Gym: 10.AM-11.AM HS VB Open Gym: 10.AM-11.AM HS VB Open Gym: 10.AM-11.AM HS VB Open Gym: 10.AM-11.AM TB Workouts: 8:00.AM  XC HS (B) 2:30-8:45.AM XC HS (B) 8-9:15 AM Weights  Weights
	7:15AM - 8:00AM - HS Boys 8:00AM - 9:00AM - MS (B/G) (0) M5/KS WR Open Nat - 8:00-9:00AM HS B Baskethall 9:30-9:30AM MS B Baskethall 9:30-10:30AM HS G Baskethall 10:30-11:30AM HS G Baskethall 11:30-12:30PM XC HS (G) 7:30-8:45AM XC HS (B) 8-9:15 AM	7.15AM - 8:00AM - M5 (B/G)  8:00AM-9:00AM - M5 (B/G)  (B) M5/h5 WR Open Mar - 8:00-9:00AM H5 B Basketball 8:30-9:30AM H5 B Basketball 10:30-11:30AM H5 G Basketball 11:30-12:30AM N5 G Basketball 11:30-12:30AM XC H5 (G) 7:30-8:45AM XC H5 (G) 8:30-15 AM	6-45AM-7:3DAM - HS Girls 7:15AM - 8:0DAM - HS Girls 7:15AM - 8:0DAM - HS Boys 8:0DAM-9:0DAM - HS Boys 8:0DAM-9:0DAM - HS BOYS 8:0DAM-9:0DAM - HS GD-9:3DAM HS B Basketball 9:30-10:3DAM HS G Basketball 10:30-11:3DAM HS G Basketball 11:30-12:3DPM XC HS (G) 7:30-8:45AM XC HS (G) 7:30-8:45AM XC HS (G) 8-9:15 AM Weights 6:45AM-7:3DAM - HS Girls 6:45AM-7:3DAM - HS Girls	THURSDAY
	(G)MS/HS WR Open Mat 6:30-7:30pm XC MS 7-8AM XC MS (G) 7:30-8:45AM XC MS (B) 8-9:15 AM	(G)MS/HS WR Open Mat 6:30-7:30pm XC MS 7-8AM XC HS (G) 7:30-8:45AM XC HS (B) 8-9:15 AM	(G)MS/HS WR Open Mat 6:30-7:30pm XC MS 7-8AM XC HS (G) 7:30-8:45AM XC HS (B) 8-9:15 AM  12	(G)MS/HS WR Open Mat 6:30-7:30pm XC MS 7-8AM XC HS (G) 7:30-8:45AM XC HS (B) 8-9:15 AM
	27	20	13	SATURDAY 6

NOTES: