

July

2018

Bartlesville Bruin Football

9-12th Grade Summer

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>All Players Off (Vacation Week)</i>	2	3	4	5	6	7
8	9 9-12th Lift 5PM (10-12th) C.O.D.S. Padded Camp 7PM	10 9-12th Lift 5PM (10-12th) C.O.D.S. Padded Camp 7PM	11 (10-12th) C.O.D.S. Padded Camp 7PM	12 9-12th Lift 5PM (10-12th) C.O.D.S. Padded Camp 7PM	13 9th-12th Team Lock-In	14 Pancake Breakfast
15 <i>All Players Off (Vacation Week)</i>	16 Open Weight Room 8-11AM	17 Open Weight Room 8-11AM	18 Open Weight Room 8-11AM	19 Open Weight Room 8-11AM	20 Open Weight Room 8-11AM	21
22	23 Open Weight Room 8-11AM Senior Lead Week 8PM	24 Open Weight Room 8-11AM Senior Lead Week 8PM	25 Open Weight Room 8-11AM Senior Lead Week 8PM	26 Open Weight Room 8-11AM Senior Lead Week 8PM	27 JR Nursing Home Visit	28
29	30 Champion Weight Room 8AM – 2PM (9-12th)	31 Champion Weight Room 8AM-2PM (9-12th) Team Meeting 2PM				

“If you train hard, you’ll not only be hard, you’ll be hard to beat.”

- **Herschel Walker**