



Vestal

(B) V Strength and Conditioning (Co-Ed)

Coaches:

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE	LEAGUE
Jul 2, 2024	Tue	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Jul 3, 2024	Wed	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Jul 5, 2024	Fri	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Jul 8, 2024	Mon	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Jul 9, 2024	Tue	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Jul 10, 2024	Wed	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Jul 11, 2024	Thu	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Jul 12, 2024	Fri	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Jul 15, 2024	Mon	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Jul 16, 2024	Tue	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Jul 17, 2024	Wed	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Jul 18, 2024	Thu	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Jul 19, 2024	Fri	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Jul 22, 2024	Mon	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Jul 23, 2024	Tue	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Jul 24, 2024	Wed	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Jul 26, 2024	Fri	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Jul 29, 2024	Mon	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Jul 30, 2024	Tue	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Jul 31, 2024	Wed	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Aug 1, 2024	Thu	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Aug 2, 2024	Fri	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Aug 5, 2024	Mon	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Aug 6, 2024	Tue	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Aug 7, 2024	Wed	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Aug 8, 2024	Thu	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE	LEAGUE
Aug 9, 2024	Fri	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Aug 12, 2024	Mon	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Aug 13, 2024	Tue	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Aug 14, 2024	Wed	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Aug 15, 2024	Thu	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Aug 16, 2024	Fri	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Aug 19, 2024	Mon	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Aug 20, 2024	Tue	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Aug 21, 2024	Wed	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Aug 22, 2024	Thu	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		
Aug 23, 2024	Fri	Practice (Summer Workouts)	N/A	2:00 PM	7:00 PM	Vestal High School Fitness Center		

Date: 2024-08-08