

July 9, 2018

Monday

All Day	VB Summer League -- Glynn
7:00 AM - 8:00 AM	Baseball summer weights -- Weight Room
8:00 AM - 4:00 PM	CHEERLEADING CAMP -- EDMG
8:00 AM - 12:00 PM	Football Team workouts
6:00 PM - 7:00 PM	Mother's Huddle meeting -- Lecture Hall

July 10, 2018

Tuesday

6:00 AM - 7:30 AM	VB/SB Weights -- Weight Room - Coach Barker
7:00 AM - 8:00 AM	Baseball summer weights -- Weight Room
8:00 AM - 4:00 PM	CHEERLEADING CAMP -- EDMG
8:00 AM - 12:00 PM	Football Team workouts

July 11, 2018

Wednesday

All Day	VB Summer League -- Glynn
7:00 AM - 8:00 AM	Baseball summer weights -- Weight Room
8:00 AM - 4:00 PM	CHEERLEADING CAMP -- EDMG

July 12, 2018

Thursday

6:00 AM - 7:30 AM	VB/SB Weights -- Weight Room - Coach Barker
7:00 AM - 8:00 AM	Baseball summer weights -- Weight Room
8:00 AM - 4:00 PM	CHEERLEADING CAMP -- EDMG
8:00 AM - 12:00 PM	Football Team workouts

July 13, 2018

Friday

7:00 AM - 8:00 AM

Rotary Club Breakfast -- Missy's Restaurant (next to Belk in St. Marys)

You actually need to be there around 7:15 – 7:20 AM for your arrival time.

Breakfast is at 7:30 AM

Be prepared to speak for about 15- 20 minutes.

Just talk about the upcoming season and maybe let them know about the game at Mercer and the tough teams we will play.

Encourage them to join the QB Club!

Same place you went last year at Missy's next to Belk in St. Marys.

8:00 AM - 4:00 PM

CHEERLEADING CAMP -- EDMG

8:00 AM - 10:00 AM

Weight room open -- voluntary workouts

July 16, 2018

Monday

All Day

VB Summer League -- Glynn

7:00 AM - 8:00 AM

Baseball summer weights -- Weight Room

8:00 AM - 12:00 PM

Football Team workouts

3:00 PM - 6:00 PM

Cheerleading Practice -- EDMG

July 17, 2018

Tuesday

6:00 AM - 7:30 AM

VB/SB Weights -- Weight Room - Coach Barker

7:00 AM - 8:00 AM

Baseball summer weights -- Weight Room

8:00 AM - 12:00 PM

Football Team workouts

3:00 PM - 6:00 PM

Cheerleading Practice -- EDMG

July 18, 2018

Wednesday

All Day

VB Summer League -- Glynn

7:00 AM - 8:00 AM

Baseball summer weights -- Weight Room

July 18, 2018 Continued

Wednesday

3:00 PM - 6:00 PM

Cheerleading Practice -- EDMG

5:00 PM - 9:00 PM

Football Team Camp -- Valdosta HS 5-9 PM DT TBA
Wednesday

July 19, 2018

Thursday

6:00 AM - 7:30 AM

VB/SB Weights -- Weight Room - Coach Barker

7:00 AM - 8:00 AM

Baseball summer weights -- Weight Room

10:00 AM - 12:00 PM

Football Team workouts -- adjust time one day only
Adjusted time one day only due to team camp!

3:00 PM - 6:00 PM

Cheerleading Practice -- EDMG

July 20, 2018

Friday

8:00 AM - 10:00 AM

Weight room open -- voluntary workouts

July 23, 2018

Monday

All Day

Summer League VB -- Glynn

All Day

VB Summer League -- Glynn

7:00 AM - 8:00 AM

Baseball summer weights -- Weight Room

8:00 AM - 12:00 PM

Football Team workouts

July 24, 2018

Tuesday

6:00 AM - 7:30 AM

VB/SB Weights -- Weight Room - Coach Barker

7:00 AM - 8:00 AM

Baseball summer weights -- Weight Room

8:00 AM - 12:00 PM

Football Team workouts

3:00 PM - 6:00 PM

Cheerleading Practice -- EDMG

July 25, 2018

Wednesday

7:00 AM - 8:00 AM **Baseball summer weights -- Weight Room**8:00 AM - 12:00 PM **Football Practice**3:00 PM - 6:00 PM **Cheerleading Practice -- EDMG****July 26, 2018**

Thursday

All Day **Football pictures -- EDMG**All Day **VB Summer League -- Glynn**6:00 AM - 7:30 AM **VB/SB Weights -- Weight Room - Coach Barker**7:00 AM - 8:00 AM **Baseball summer weights -- Weight Room**8:00 AM - 12:00 PM **Football Practice**3:00 PM - 6:00 PM **Cheerleading Practice -- EDMG****July 27, 2018**

Friday

8:00 AM - 12:00 PM **Football Practice****July 30, 2018**

Monday

7:00 AM - 8:00 AM **Baseball summer weights -- Weight Room**8:00 AM - 12:00 PM **Football Practice****July 31, 2018**

Tuesday

All Day **MS 7 on 7 Tournament TBA**7:00 AM - 8:00 AM **Baseball summer weights -- Weight Room**8:00 AM - 12:00 PM **Football Practice**