

JULY 2019

BISON FIGHT NEVER DIES



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Strength/Speed 8-9:30 am FB 9:45-10:45 am	2 Strength/Speed 8-9:30 am BkB 9:45-10:45 am	3 Weight Room Closed	4 Weight Room Closed	5 Weight Room Closed	6 Weight Room Closed
7	8 Strength/Speed 8-9:30 am FB 9:45-10:45 am	9 Weight Room Closed	10 Weight Room Closed	11 Strength/Speed 8-10 am	12 Strength/Speed 8-9:30 am BkB 9:45-10:45 am	13 Weight Room Closed
14	15 Strength/Speed 8-9:30 am FB 9:45-10:45 am	16 Strength/Speed 8-10 am	17 Strength/Speed 8-9:30 am FB 9:45-10:45 am	18 Strength/Speed 8-10 am	19 Weight Room Closed	20 Weight Room Closed
21	22 Weight Room Closed	23 Weight Room Closed	24 Strength/Speed 8-9:30 am FB 9:45-10:45 am	25 Strength/Speed 8-10 am	26 Strength/Speed 8-9:30 am FB 9:45-10:45 am	27
28	29 Strength/Speed 8-9:30 am FB 9:45-10:45 am	30 Strength/Speed 8-10 am	31 Strength/Speed 8-9:30 am FB 9:45-10:45 am	1 <i>Strength/Speed 8-10 am</i>	2 <i>Weight Room Closed</i>	3 <i>Weight Room Closed</i>

NOTES

Each session is an organized workout that is part of our year-round athletic strength & conditioning training program

Skills days will be sport-specific "practice" with an emphasis on skill development and installation of our offensive/defensive schemes

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