

Sanford Power Summer Schedule

| JUNE | | | | | | | | JULY | | | | | | | | Start/Finish |
|------------------------------------|--|--|--|--------------------------------|-------|-------|-------|------------------------------------|--|--|--|--------------------------------|----|----|----|--------------|
| S | M | T | W | T | F | S | | S | M | T | W | T | F | S | | NO POWER |
| #REF! | #REF! | #REF! | #REF! | #REF! | #REF! | #REF! | #REF! | | | | | | | | 1 | Testing Days |
| #REF! | 5 | #REF! | #REF! | #REF! | #REF! | #REF! | #REF! | 2 | 3 | 4 | 5 | 6 | 7 | | 8 | |
| #REF! | #REF! | #REF! | #REF! | #REF! | #REF! | #REF! | #REF! | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | |
| #REF! | #REF! | #REF! | #REF! | #REF! | #REF! | 23 | #REF! | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | |
| #REF! | 26 | 27 | 28 | 29 | 30 | | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | |
| | | | | | | | | 30 | 31 | 1 | 2 | 3 | 4 | 5 | | |
| WEEKLY SCHEDULE | | | | | | | | WEEKLY SCHEDULE | | | | | | | | |
| Weightroom | Weightroom | Swisher | Weightroom | Swisher | | | | Weightroom | Weightroom | Swisher | Weightroom | Swisher | | | | |
| MON | TUES | WED | THURS | FRI | | | | MON | TUES | WED | THURS | FRI | | | | |
| 6:00-7:00 Jr/Sr FB/BB | 6:00-7:00 Jr/Sr FB/BB | 6:00-7:00 Jr/Sr FB/BB | 6:00-7:00 Jr/Sr FB/BB | | | | | 6:00-7:00 Jr/Sr FB/BB | 6:00-7:00 Jr/Sr FB/BB | 6:00-7:00 Jr/Sr FB/BB | 6:00-7:00 Jr/Sr FB/BB | | | | | |
| 7:00-8:00 Fresh/Soph FB/BB | 7:00-8:00 Fresh/Soph FB/BB | 7:00-8:00 Fresh/Soph FB/BB | 7:00-8:00 Fresh/Soph FB/BB | 7:00-8:00 High School Boys | | | | 7:00-8:00 Fresh/Soph FB/BB | 7:00-8:00 Fresh/Soph FB/BB | 7:00-8:00 Fresh/Soph FB/BB | 7:00-8:00 Fresh/Soph FB/BB | 7:00-8:00 High School Boys | | | | |
| 8:00-9:00 Jr/Sr VB/GBB | 8:00-9:00 Jr/Sr VB/GBB | 8:00-9:00 Jr/Sr VB/GBB | 8:00-9:00 Jr/Sr VB/GBB | 8:00-9:00 High School Girls | | | | 8:00-9:00 Jr/Sr VB/GBB | 8:00-9:00 Jr/Sr VB/GBB | 8:00-9:00 Jr/Sr VB/GBB | 8:00-9:00 Jr/Sr VB/GBB | 8:00-9:00 High School Girls | | | | |
| 9:00-10:00 Fresh/Soph VB/GBB | 9:00-10:00 Fresh/Soph VB/GBB | 9:00-10:00 Fresh/Soph VB/GBB | 9:00-10:00 Fresh/Soph VB/GBB | | | | | 9:00-10:00 Fresh/Soph VB/GBB | 9:00-10:00 Fresh/Soph VB/GBB | 9:00-10:00 Fresh/Soph VB/GBB | 9:00-10:00 Fresh/Soph VB/GBB | | | | | |
| 10:00-11:00 Jr. High Athletes 1 | 10:00-11:00 Jr. High Athletes 1 | 10:00-11:00 Jr. High Athletes 1 | 10:00-11:00 Jr. High Athletes 1 | | | | | 10:00-11:00 Jr. High Athletes 1 | 10:00-11:00 Jr. High Athletes 1 | 10:00-11:00 Jr. High Athletes 1 | 10:00-11:00 Jr. High Athletes 1 | | | | | |
| 11:00-12:00 Open | 11:00-12:00 XC/Swim Female Athletes | 11:00-12:00 XC/Swim Female Athletes | 11:00-12:00 XC/Swim Female Athletes | | | | | 11:00-12:00 Open | 11:00-12:00 XC/Swim Female Athletes | 11:00-12:00 XC/Swim Female Athletes | 11:00-12:00 XC/Swim Female Athletes | | | | | |
| 12:00-1:00 Open | 12:00-1:00 Open | 12:00-1:00 Open | 12:00-1:00 Open | | | | | 12:00-1:00 Open | 12:00-1:00 Open | 12:00-1:00 Open | 12:00-1:00 Open | | | | | |
| 1:00-2:00 Jr. High Athletes 2 | 1:00-2:00 Jr. High Athletes 2 | 1:00-2:00 Jr. High Athletes 2 | 1:00-2:00 Jr. High Athletes 2 | | | | | 1:00-2:00 Jr. High Athletes 2 | 1:00-2:00 Jr. High Athletes 2 | 1:00-2:00 Jr. High Athletes 2 | 1:00-2:00 Jr. High Athletes | | | | | |

TESTING - MAY 30TH & JULY 31ST ONLY

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|--|
| JR/SR FB/BB 7-9am |
| Fresh/Soph FB/BB 9-11am |
| JR/SR VB/GBB Fresh/Soph VB/GBB/ 11-1230pm |
| XC/Swim/Female Athletes 1230-2pm |
| Jr. High Athletes Group 2 2-4pm |
| Jr. High Athletes Group 1 4-6pm |