

MAY 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2 SPRING TRYOUTS 4:30PM-7:00PM	3 SPRING TRYOUTS 4:30PM-7:00PM	4 SPRING TRYOUTS 4:30PM-7:00PM	5 SPRING TRYOUTS 4:30PM-7:00PM	6 SPRING TRYOUTS 4:30PM-7:00PM	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25 WEIGHT TRAINING/ CONDITIONING 5:00PM-7:00PM	26	27 WEIGHT TRAINING/ CONDITIONING 5:00PM-7:00PM	28	29 GHSA DEAD WEEK NO ACTIVITIES
30 GHSA DEAD WEEK NO ACTIVITIES	31 GHSA DEAD WEEK NO ACTIVITIES					

WEIGHT TRAINING AND
CONDITIONING WILL TAKE PLACE AT
LAKESIDE HIGH SCHOOL IN THE
EVENINGS FROM 5:00PM-7:PM ON
SCHEDULED DATES.

VIKINING PRIDE BEGINS WITH ME!

*LAKESIDE SOFTBALL SQUAD CALENDAR
OF EVENTS

June 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 GHS A DEAD WEEK NO ACTIVITIES	2 GHS A DEAD WEEK NO ACTIVITIES	3 GHS A DEAD WEEK NO ACTIVITIES	4 GHS A DEAD WEEK NO ACTIVITIES	5
6	7 WEIGHT TRAINING/ CONDITIONING 5:00PM-7:00PM	8	9 WEIGHT TRAINING/ CONDITIONING 5:00PM-7:00PM	10	11	12
13 CAMP 9AM-1PM	14 CAMP 9AM-1PM WEIGHT TRAINING/ CONDITIONING	15 CAMP 9AM-1PM	16 CAMP 9AM-1PM WEIGHT TRAINING/ CONDITIONING	17 CAMP 9AM-1PM	18	19
20	21 WEIGHT TRAINING/ CONDITIONING 5:00PM-7:00PM	22	23 WEIGHT TRAINING/ CONDITIONING 5:00PM-7:00PM	24	25	26
27	28 WEIGHT TRAINING/ CONDITIONING 5:00PM-7:00PM	29	30 WEIGHT TRAINING/ CONDITIONING 5:00PM-7:00PM			

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SUMMER SOFTBALL CAMP WILL BE JUNE
13TH-JUNE 17TH 9AM-1PM

*LAKESIDE SOFTBALL SQUAD CALENDAR
OF EVENTS

July 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3 GHSA DEAD WEEK NO ACTIVITIES
4 GHSA DEAD WEEK NO ACTIVITIES	5 GHSA DEAD WEEK NO ACTIVITIES	6 GHSA DEAD WEEK NO ACTIVITIES	7 GHSA DEAD WEEK NO ACTIVITIES	8 GHSA DEAD WEEK NO ACTIVITIES	9 GHSA DEAD WEEK NO ACTIVITIES	10
11 WEIGHT TRAINING/ CONDITIONING 5:00PM-7:00PM	12	13 WEIGHT TRAINING/ CONDITIONING 5:00PM-7:00PM	14	15 WEIGHT TRAINING/ CONDITIONING 5:00PM-7:00PM	16	17
18	19	20	21	22	23	24
25 WEIGHT TRAINING/ CONDITIONING 5:00PM-7:00PM	26	27 WEIGHT TRAINING/ CONDITIONING 5:00PM-7:00PM	28	29 WEIGHT TRAINING/ CONDITIONING 5:00PM-7:00PM	30	31

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***LAKESIDE SOFTBALL SQUAD CALENDAR
OF EVENTS**