

SCA Summer Workout Schedule

FOOTBALL

Beginning June 1

<u>Event</u>	<u>Group</u>	<u>Date(s)</u>	<u>Time</u>	<u>Location</u>
Practice	Varsity	M/W/F	7am-9am	SCA Field/Weight Room
Practice	Intermediate	T/Th	8am-10am	SCA Field/Weight Room

VOLLEYBALL

<u>Event</u>	<u>Group</u>	<u>Date(s)</u>	<u>Time</u>	<u>Location</u>
Camp	5th-12th Grade	May 26-28	9am-11am	SCA Gym
Weight Room	Varsity	M/W/F (Beginning 6/22)	9am-10am	Weight Room
Court Work	Varsity	M/W/F (Beginning 6/22)	10am-11am	SCA Gym
TAPPS Sand Tournament	Varsity	June 10-11	TBA	Forth Worth
Court Work	Intermediate (7/8)	June 5, June 19, July 3, July 16, August 6	4-6pm	SCA Gym

CROSS COUNTRY

Beginning June 1

<u>Event</u>	<u>Group</u>	<u>Date(s)</u>	<u>Time</u>	<u>Location</u>
Practice	All	M/T/W	6-7:30am	Milburn Park
Practice	All	Th	6-7:30am	Twin Creeks Country Club

Please ensure you have registered your athlete for their fall sport using [this link](#).

Questions? Please contact your coach or email athletics@summiteagles.org

