

2019 BOYD COUNTY SUMMER WEIGHTS SCHEDULE

There will be 2 sessions each day. One starting at 7 AM, and the other starting at 7 PM. The first day of weights will begin on Tuesday, May 28th. The weight room will be open Tuesday, Wednesday, and Thursday that first week due to the holiday.

The following week we will fall into our normal summer schedule. Going Monday, Tuesday, and Thursday. The week of July 4th will be off completely for the holiday and a recovery time. Then we will finish weights with the last week being August 5th. Fall practices will start that following week, August 12th.

Week 1:

DAY 1: TUESDAY, MAY 28TH

DAY 2: WEDNESDAY, MAY 29TH

DAY 3: THURSDAY, MAY 30TH

WEEK 2

DAY 4: MONDAY, JUNE 3RD

DAY 5: TUESDAY, JUNE 4TH

DAY 6: THURSDAY, JUNE 6TH

WEEK 3

DAY 7: MONDAY, JUNE 10TH

DAY 8: TUESDAY, JUNE 11TH

DAY 9: THURSDAY, JUNE 13TH

WEEK 4

DAY 10: MONDAY, JUNE 17TH

DAY 11: TUESDAY, JUNE 18TH

DAY 12: THURSDAY, JUNE 20TH

WEEK 5

DAY 13: MONDAY, JUNE 24TH

DAY 14: TUESDAY, JUNE 25TH

DAY 15: THURSDAY, JUNE 27TH

WEEK 6

JULY 1ST-5TH: OFF! REST, RECOVER, ENJOY THE HOLIDAY WITH FAMILY AND FRIENDS. BE SAFE!

WEEK 7

DAY 16: MONDAY, JULY 8TH

DAY 17: TUESDAY, JULY 9TH

DAY 18: THURSDAY, JULY 11TH

WEEK 8

DAY 19: MONDAY, JULY 15TH

DAY 20: TUESDAY, JULY 16TH

DAY 21: THURSDAY, JULY 18TH

WEEK 9

DAY 22: MONDAY, JULY 22ND

DAY 23: TUESDAY, JULY 23RD

DAY 24: THURSDAY, JULY 25TH

WEEK 10

DAY 25: MONDAY, JULY 29TH

DAY 26: TUESDAY, JULY 30TH

DAY 27: THURSDAY, AUGUST 1ST

WEEK 11

DAY 28: MONDAY, AUGUST 5TH

DAY 29: TUESDAY, AUGUST 6TH

DAY 30: THURSDAY, AUGUST 8TH