



## LEE ACADEMY GIRLS SUMMER WORKOUT SCHEDULE

The Lee Academy Summer workout program is coordinated by **Coach Will Florence (662-934-1861)**

This program is designed to help our girls with agility, strength training, and conditioning. It is our goal to have all girls attend this program as it will help them in their individual sports.

The summer practice and workout schedule is listed below: Practices are Monday, Tuesday, and Thursday  
**DEAD WEEKS ARE: May 22 - 29, 2023 and July 3 - 7, 2023 - there will be no practice during these weeks. The weight room will be open and available on a limited basis during those times. Please contact a coach for those hours.**

Practice Date	Time
May 30 and June 1, 2023	9:00 am - meet outside of the field house
June 5-6, and 8, 2023	9:00 am
June 12-13 and 15, 2023	9:00 am
June 19-20, and 22, 2023	9:00 am
June 26-27 and 29, 2022	9:00 am
July 10-11 and 13, 2023	9:00 am
July 17-18 and 20, 2023	9:00 am