

May 22-June 2 Break

June 1-2 Trinity Sports Baseball Camp

June 5-23 Summer Session #1

- Strength & Conditioning: Mondays-Thursdays 9:00 AM - 11:00 AM
- Football Practice: Mondays & Tuesdays 11:00 AM - 1:00 PM
- Volleyball Practice: High School: Mondays & Tuesdays 4:45 PM - 6:45 PM  
Junior High: Mondays & Tuesdays 11:00 AM - 1:00 PM
- Basketball Workouts: Wednesdays & Thursdays 11:00 AM - 1:00 PM
- Cross Country Workouts: TBD

June 22-23 Trinity Sports Football Camp

June 26-July 7 Break

July 10-28 Summer Session #2

- Strength & Conditioning: Mondays-Thursdays 9:00 AM - 11:00 AM
- Football Practice: Mondays-Wednesdays 11:00 AM - 1:00 PM
- Volleyball Practice: High School: Mondays & Tuesdays 4:45 - 6:45 PM  
Junior High: Mondays & Tuesdays 11:00 AM - 1:00 PM
- Basketball Workouts: Thursdays & Fridays 11:00 AM - 1:00 PM
- Cross Country Workouts: TBD

July 13-14 Trinity Sports Basketball Camp

July 31-August 3 Break

August 7-15 Fall Preseason PM Workouts

- Strength & Conditioning: Coach's discretion as part of the sports practice schedule
- Football Practice: Mondays, Tuesdays, Thursdays, Fridays 2:30-5:30 PM
- Volleyball Practice: High School: Mondays, Tuesdays, Thursdays, Fridays 4:45-6:45 PM  
Junior High: Mondays, Tuesdays, Thursdays, Fridays 3:15-4:45 PM
- Cross Country Workouts: TBD