

Summer 2024 TCS Athletic Schedule

June 1 - 21 (Summer Session #1)

- **Strength and Conditioning:** Monday - Thursday 8:30 AM - 10:00 AM
- **Football Workouts:** Monday - Thursday 10:00 AM - 12:00 PM
- **Basketball Workouts:** Monday / Wednesday 10:00 AM - 12:00 PM
- **Volleyball Workouts:** Tuesday / Thursday 10:00 AM - 12:00 PM

June 24 - July 5 Break (Dead Week)

July 8 - 26 (Summer Session #2)

- **Strength and Conditioning:** Monday - Thursday 8:30 AM - 10:00 AM
- **Football Workouts:** Monday - Thursday 10:00 AM - 12:00 PM
- **Basketball Workouts:** Monday / Wednesday 10:00 AM - 12:00 PM
- **Volleyball Workouts:** Monday - Thursday 10:00 AM - 12:00 PM

July 9 - 11 Cheer Camp (9-3pm) - Coach will make change to practice plan if necessary

July 29 - August 2 Break

August 5 - 13 (Fall Preseason Workouts)

- **Strength and Conditioning:** Coach will make decision (Need to stay in the weight room)
- **Football Workouts:** Monday - Friday 10:00 AM - 1:00 PM
- **Volleyball Workouts:** Monday - Friday 10:00 AM - 1:00 PM