



Gatesville ISD Athletics



June 2020 Workout Schedule

Speed & Strength / Sport-Specific Skills / Open Gym / Camps

June 8	June 9	June 10	June 11	June 12
Monday	Tuesday	Wednesday	Thursday	Friday
Speed and strength sessions				
High School 7:00-8:00 AM Junior High 8:30-9:30 AM	High School 7:00-8:00 AM Junior High 8:30-9:30 AM	High School 7:00-8:00 AM Junior High 8:30-9:30 AM	High School 7:00-8:00 AM Junior High 8:30-9:30 AM	
Sport-specific skill sessions				
> <u>Volleyball (9th-12th)</u> 8:15-9:15 AM HS New > <u>Volleyball (7th-8th)</u> 9:30-10:30 AM HS New > <u>Football (7th-12th)</u> 5:30-6:30 PM > <u>Tennis</u> 5:00-6:30 PM	> <u>Girls Basketball</u> 8:15-9:15 AM HS New > <u>Tennis</u> 5:00-6:30 PM > <u>Softball</u> 9:00-10:00 AM > <u>Baseball</u> 5:30-6:30 PM (7th-8th) 6:45-7:45 PM (9th-12th) > <u>Boys Basketball</u> 5:30-6:30 PM (9th-12th) 6:45-7:45 PM (7th-8th)	> <u>Volleyball (9th-12th)</u> 8:15-9:15 AM HS New > <u>Volleyball (7th-8th)</u> 9:30-10:30 AM HS New > <u>Football</u> 8:00-9:00 AM (9th-12th) 9:30-10:30 AM (7th-8th)	> <u>Girls Basketball</u> 8:15-9:15 AM HS New > <u>Softball</u> 9:00-10:00 AM > <u>Tennis</u> 5:00-6:30 PM > <u>Baseball</u> 5:30-6:30 PM (9th-12th) 6:45-7:45 PM (7th-8th) > <u>Boys Basketball</u> 5:30-6:30 PM (7th-8th) 6:45-7:45 PM (9th-12th)	
Open gym				
Camps				



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June 15	June 16	June 17	June 18	June 19
Monday	Tuesday	Wednesday	Thursday	Friday
Speed and strength sessions				
High School 7:00-8:00 AM Junior High 8:30-9:30 AM	High School 7:00-8:00 AM Junior High 8:30-9:30 AM	High School 7:00-8:00 AM Junior High 8:30-9:30 AM	High School 7:00-8:00 AM Junior High 8:30-9:30 AM	
Sport-specific skill sessions				
> <u>Volleyball (9th-12th)</u> 8:15-9:15 AM HS New > <u>Volleyball (7th-8th)</u> 9:30-10:30 AM HS New > <u>Football (7th-12th)</u> 5:30-6:30 PM > <u>Tennis</u> 5:00-6:30 PM	> <u>Girls Basketball</u> 8:15-9:15 AM HS New > <u>Softball</u> 9:00-10:00 AM > <u>Tennis</u> 5:00-6:30 PM > <u>Baseball</u> 5:30-6:30 PM (7th-8th) 6:45-7:45 PM (9th-12th) > <u>Boys Basketball</u> 5:30-6:30 PM (9th-12th) 6:45-7:45 PM (7th-8th)	> <u>Volleyball (9th-12th)</u> 8:15-9:15 AM HS New > <u>Volleyball (7th-8th)</u> 9:30-10:30 AM HS New > <u>Football</u> 8:00-9:00 AM (9th-12th) 9:30-10:30 AM (7th-8th)	> <u>Girls Basketball</u> 8:15-9:15 AM HS New > <u>Softball</u> 9:00-10:00 AM > <u>Tennis</u> 5:00-6:30 PM > <u>Baseball</u> 5:30-6:30 PM (9th-12th) 6:45-7:45 PM (7th-8th) > <u>Boys Basketball</u> 5:30-6:30 PM (7th-8th) 6:45-7:45 PM (9th-12th)	
Camps				



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June 22	June 23	June 24	June 25	June 26
Monday	Tuesday	Wednesday	Thursday	Friday
Speed and strength sessions				
High School 7:00-8:00 AM Junior High 8:30-9:30 AM	High School 7:00-8:00 AM Junior High 8:30-9:30 AM	High School 7:00-8:00 AM Junior High 8:30-9:30 AM	High School 7:00-8:00 AM Junior High 8:30-9:30 AM	
Sport-specific skill sessions				
> <u>Volleyball (9th-12th)</u> 8:15-9:15 AM HS New > <u>Volleyball (7th-8th)</u> 9:30-10:30 AM HS New > <u>Football (7th-12th)</u> 5:30-6:30 PM > <u>Tennis</u> 5:00-6:30 PM	> <u>Girls Basketball</u> 8:15-9:15 AM HS New > <u>Softball</u> 9:00-10:00 AM > <u>Tennis</u> 5:00-6:30 PM > <u>Baseball</u> 5:30-6:30 PM (7th-8th) 6:45-7:45 PM (9th-12th) > <u>Boys Basketball</u> 5:30-6:30 PM (9th-12th) 6:45-7:45 PM (7th-8th)	> <u>Volleyball (9th-12th)</u> 8:15-9:15 AM HS New > <u>Volleyball (7th-8th)</u> 9:30-10:30 AM HS New > <u>Football</u> 8:00-9:00 AM (9th-12th) 9:30-10:30 AM (7th-8th)	> <u>Girls Basketball</u> 8:15-9:15 AM HS New > <u>Softball</u> 9:00-10:00 AM > <u>Tennis</u> 5:00-6:30 PM > <u>Baseball</u> 5:30-6:30 PM (9th-12th) 6:45-7:45 PM (7th-8th) > <u>Boys Basketball</u> 5:30-6:30 PM (7th-8th) 6:45-7:45 PM (9th-12th)	
Open gym				
Camps				



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June 29	June 30	July 1	July 2	July 3
Monday	Tuesday	Wednesday	Thursday	Friday
Speed and strength sessions				
High School 7:00-8:30 AM Junior High 9:00-10:30 AM	High School 7:00-8:30 AM Junior High 9:00-10:30 AM	High School 7:00-8:30 AM Junior High 9:00-10:30 AM	High School 7:00-8:30 AM Junior High 9:00-10:30 AM	
Sport-specific skill sessions				
> <u>Volleyball (7th-8th)</u> 7:30-8:30 AM HS New > <u>Volleyball (9th-12th)</u> 8:45-9:45 AM HS New > <u>Football (7th-12th)</u> 5:30-6:30 PM > <u>Tennis</u> 5:00-6:30 PM	> <u>Girls Basketball</u> 8:15-9:15 AM HS New > <u>Softball</u> 9:00-10:00 AM > <u>Tennis</u> 5:00-6:30 PM > <u>Baseball</u> 5:30-6:30 PM (7th-8th) 6:45-7:45 PM (9th-12th) > <u>Boys Basketball</u> 5:30-6:30 PM (9th-12th) 6:45-7:45 PM (7th-8th)	> <u>Volleyball (7th-8th)</u> 7:30-8:30 AM HS New > <u>Volleyball (9th-12th)</u> 8:45-9:45 AM HS New > <u>Football</u> 8:00-9:00 AM (9th-12th) 9:30-10:30 AM (7th-8th)	> <u>Girls Basketball</u> 8:15-9:15 AM HS New > <u>Softball</u> 9:00-10:00 AM > <u>Tennis</u> 5:00-6:30 PM > <u>Baseball</u> 5:30-6:30 PM (9th-12th) 6:45-7:45 PM (7th-8th) > <u>Boys Basketball</u> 5:30-6:30 PM (7th-8th) 6:45-7:45 PM (9th-12th)	
Open gym				
Camps				
> <u>Baseball</u> 8:00 AM - 3:30 PM	> <u>Baseball</u> 8:00 AM - 3:30 PM	> <u>Baseball</u> 8:00 AM - 3:30 PM		



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July 2020 Workout Schedule

Speed & Strength / Sport-Specific Skills / Open Gym / Camps

July 6	July 7	July 8	July 9	July 10
Monday	Tuesday	Wednesday	Thursday	Friday
Speed and strength sessions				
High School 7:00-8:30 AM Junior High 9:00-10:30 AM			High School 7:00-8:30 AM Junior High 9:00-10:30 AM	High School 7:00-8:30 AM Junior High 9:00-10:30 AM
Sport-specific skill sessions				
> <u>Girls Basketball</u> 8:15-9:15 AM HS New > <u>Football (7th-12th)</u> 5:30-6:30 PM > <u>Baseball</u> 5:30-6:30 PM (7th-8th) 6:45-7:45 PM (9th-12th) > <u>Boys Basketball</u> 5:30-6:30 PM (9th-12th) 6:45-7:45 PM (7th-8th) > <u>Tennis</u> 5:00-6:30 PM	UIL dead day No athletic activities allowed and no athletic facilities to be open	UIL dead day No athletic activities allowed and no athletic facilities to be open	> <u>Volleyball</u> 8:15-9:15 AM HS New > <u>Football</u> 8:00-9:00 AM (9th-12th) 9:30-10:30 AM (7th-8th) > <u>Baseball</u> 5:30-6:30 PM (9th-12th) 6:45-7:45 PM (7th-8th) > <u>Boys Basketball</u> 5:30-6:30 PM (7th-8th) 6:45-7:45 PM (9th-12th) > <u>Tennis</u> 5:00-6:30 PM	> <u>Volleyball</u> 8:15-9:15 AM HS New > <u>Softball</u> 9:00-10:00 AM > <u>Tennis</u> 5:00-6:30 PM > <u>Girls Basketball</u> 10:30-11:30 AM HS New
Open gym				
Camps				



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July 13	July 14	July 15	July 16	July 17
Monday	Tuesday	Wednesday	Thursday	Friday
Speed and strength sessions				
High School 7:00-8:30 AM Junior High 9:00-10:30 AM	High School 7:00-8:30 AM Junior High 9:00-10:30 AM	High School 7:00-8:30 AM Junior High 9:00-10:30 AM	High School 7:00-8:30 AM Junior High 9:00-10:30 AM	
Sport-specific skill sessions				
> <u>Volleyball (7th-8th)</u> 7:30-8:30 AM HS New > <u>Volleyball (9th-12th)</u> 8:45-9:45 AM HS New > <u>Football (7th-12th)</u> 5:30-6:30 PM > <u>Tennis</u> 5:00-6:30 PM	> <u>Girls Basketball</u> 8:15-9:15 AM HS New > <u>Softball</u> 9:00-10:00 AM > <u>Tennis</u> 5:00-6:30 PM > <u>Baseball</u> 5:30-6:30 PM (7th-8th) 6:45-7:45 PM (9th-12th) > <u>Boys Basketball</u> 5:30-6:30 PM (9th-12th) 6:45-7:45 PM (7th-8th)	> <u>Volleyball (7th-8th)</u> 7:30-8:30 AM HS New > <u>Volleyball (9th-12th)</u> 8:45-9:45 AM HS New > <u>Football</u> 8:00-9:00 AM (9th-12th) 9:30-10:30 AM (7th-8th)	> <u>Girls Basketball</u> 8:15-9:15 AM HS New > <u>Softball</u> 9:00-10:00 AM > <u>Tennis</u> 5:00-6:30 PM > <u>Baseball</u> 5:30-6:30 PM (9th-12th) 6:45-7:45 PM (7th-8th) > <u>Boys Basketball</u> 5:30-6:30 PM (7th-8th) 6:45-7:45 PM (9th-12th)	
Open gym				
Camps				
> <u>Football (1st-6th grades)</u> 7:30-11:30 AM	> <u>Football (1st-6th grades)</u> 7:30-11:30 AM > <u>Softball</u> 8:00-12:00	> <u>Football (1st-6th grades)</u> 7:30-11:30 AM > <u>Boys Basketball</u> 1:00-4:00 PM > <u>Softball</u> 8:00-12:00	> <u>Boys Basketball</u> 9:00 AM - 4:00 PM > <u>Softball</u> 8:00-12:00	> <u>Boys Basketball</u> 9:00 AM - 4:00 PM



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July 20	July 21	July 22	July 23	July 24
Monday	Tuesday	Wednesday	Thursday	Friday
Speed and strength sessions				
		High School 7:00-8:30 AM Junior High 9:00-10:30 AM	High School 7:00-8:30 AM Junior High 9:00-10:30 AM	High School 7:00-8:30 AM Junior High 9:00-10:30 AM
Sport-specific skill sessions				
		> <u>Volleyball</u> 7:00-8:00 AM HS New	> <u>Volleyball</u> 7:00-8:00 AM HS New	> <u>Football</u> 8:00-9:00 AM (9th-12th)
UIL dead day	UIL dead day	> <u>Football (7th-12th)</u> 5:30-6:30 PM	> <u>Girls Basketball</u> 8:15-9:15 AM HS New	9:30-10:30 AM (7th-8th)
No athletic activities allowed and no athletic facilities to be open	No athletic activities allowed and no athletic facilities to be open	> <u>Baseball</u> 5:30-6:30 PM (7th-8th)	> <u>Softball</u> 9:00-10:00 AM	> <u>Tennis</u> 5:00-6:30 PM
		6:45-7:45 PM (9th-12th)	> <u>Baseball</u> 5:30-6:30 PM (9th-12th)	> <u>Girls Basketball</u> 8:15-9:15 AM HS New
		> <u>Boys Basketball</u> 5:30-6:30 PM (9th-12th)	6:45-7:45 PM (7th-8th)	
		6:45-7:45 PM (7th-8th)	> <u>Boys Basketball</u> 5:30-6:30 PM (7th-8th)	
		> <u>Tennis</u> 5:00-6:30 PM	6:45-7:45 PM (9th-12th)	
			> <u>Tennis</u> 5:00-6:30 PM	
Open gym				
Camps				
		> <u>Girls Basketball</u> 9:00 AM - 4:00 PM	> <u>Girls Basketball</u> 9:00 AM - 4:00 PM	> <u>Girls Basketball</u> 9:00 AM - 4:00 PM
		> <u>Wrestling</u>	> <u>Wrestling</u>	> <u>Wrestling</u>



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July 2020 Workout Schedule

Speed & Strength / Sport-Specific Skills / Open Gym / Camps

July 27	July 28	July 29	July 30	July 31
Monday	Tuesday	Wednesday	Thursday	Friday
Speed and strength sessions				
High School 7:00-8:30 AM Junior High 9:00-10:30 AM	High School 7:00-8:30 AM Junior High 9:00-10:30 AM	High School 7:00-8:30 AM Junior High 9:00-10:30 AM	High School 7:00-8:30 AM Junior High 9:00-10:30 AM	
Sport-specific skill sessions				
> <u>Volleyball</u> 11:30-12:30 HS New > <u>Football (7th-12th)</u> 5:30-6:30 PM > <u>Tennis</u> 4:00-6:00 PM	> <u>Girls Basketball</u> 1:00-2:00 PM > <u>Softball</u> 9:00-10:00 AM > <u>Tennis</u> 4:00-6:00 PM > <u>Baseball</u> 5:30-6:30 PM (7th-8th) 6:45-7:45 PM (9th-12th) > <u>Boys Basketball</u> 5:30-6:30 PM (9th-12th) 6:45-7:45 PM (7th-8th)	> <u>Volleyball</u> 11:30-12:30 HS New > <u>Tennis</u> 8:00-10:00 AM	> <u>Girls Basketball</u> 8:15-9:15 AM > <u>Softball</u> 9:00-10:00 AM > <u>Tennis</u> 4:00-6:00 PM > <u>Baseball</u> 5:30-6:30 PM (9th-12th) 6:45-7:45 PM (7th-8th) > <u>Boys Basketball</u> 5:30-6:30 PM (7th-8th) 6:45-7:45 PM (9th-12th)	> <u>Tennis</u> 4:00-6:00 PM
Open gym / open field				
Camps				
> <u>Volleyball</u> 8:30-11:30 AM > <u>Football (7th-9th grades)</u> 7:30-11:30 AM	> <u>Volleyball</u> 8:30-11:30 AM > <u>Football (7th-9th grades)</u> 7:30-11:30 AM	> <u>Volleyball</u> 8:30-11:30 AM > <u>Football (7th-9th grades)</u> 7:30-11:30 AM > <u>Tennis</u> 2:00-4:00 PM	> <u>Tennis</u> 8:00-10:00 AM	> <u>Tennis</u> 8:00-10:00 AM