

## Summer Open Gym and Panther Power Schedule

Below is the Open Gym and Panther Power schedule for Summer 2021. We will strive to have a morning and evening session of both.

The first hour of available time is for Open Gym. Athletes can come and work on sport specific skills. At least one GPL coach will be present to help coach.

The second hour is available for those athletes who are enrolled in Panther Power - our new strength/speed/agility workout program for the summer. This hour will be led by GPL coaching staff.

Key: OG=Open Gym PP=Panther Power

### May/June

| Monday                                                  | Tuesday                                                 | Wednesday                                               | Thursday                                                | Friday                                                  |
|---------------------------------------------------------|---------------------------------------------------------|---------------------------------------------------------|---------------------------------------------------------|---------------------------------------------------------|
| 24 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM | 25 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM | 26 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM | 27 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM | 28 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM |
| 31<br>Memorial Day<br>Gym Closed                        | 1 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM  | 2 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM  | 3 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM  | 4 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM  |
| 7 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM  | 8 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM  | 9 Panther Camp<br><br>OG: 7-8 PM<br>PP: 8-9 PM          | 10 Panther Camp<br><br>OG: 7-8 PM<br>PP: 8-9 PM         | 11 Panther Camp<br><br>OG: 7-8 PM<br>PP: 8-9 PM         |
| 14 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM | 15 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM | 16 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM | 17 BB Camp @<br>GPL<br>OG: 7-8 PM<br>PP: 8-9 PM         | 18 BB Camp @<br>GPL<br>OG: 7-8 PM<br>PP: 8-9 PM         |
| 21 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM | 22 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM | 23 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM | 24 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM | 25 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM |
| 28 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM | 29 Gym Closed<br>- Refinishing                          | 30 Gym Closed<br>- Refinishing                          |                                                         |                                                         |

## July/August

| Monday                                                  | Tuesday                                                 | Wednesday                                               | Thursday                                                                          | Friday                                                  |
|---------------------------------------------------------|---------------------------------------------------------|---------------------------------------------------------|-----------------------------------------------------------------------------------|---------------------------------------------------------|
|                                                         |                                                         |                                                         | 1 No Contact Allowed - State Rule.<br>PP on your own.                             | 2 No Contact Allowed - State Rule.<br>PP on your own.   |
| 5 No Contact Allowed - State Rule.<br>PP on your own.   | 6 No Contact Allowed - State Rule.<br>PP on your own.   | 7 No Contact Allowed - State Rule.<br>PP on your own.   | 8 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM                            | 9 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM  |
| 12 GPL Open<br>OG: 7-8 PM<br>PP: 8-9 PM                 | 13 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM | 14 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM | 15 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM                           | 16 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM |
| 19 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM | 20 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM | 21 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM | 22 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM                           | 23 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM |
| 26 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM | 27 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM | 28 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM | 29 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM                           | 30 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM |
| 2 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM  | 3 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM  | 4 OG:8-9 AM<br>PP: 9-10 AM                              | 5 First Football Practice<br>OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM | 6 OG:8-9 AM<br>PP: 9-10 AM<br>OG: 7-8 PM<br>PP: 8-9 PM  |
| 9                                                       | 10                                                      | 11                                                      | 12 First Volleyball & XC Practice                                                 | 13                                                      |