

## 2023 Lady Flames Water Polo Summer Practice & Conditioning Schedule

Monday May 22	Weights 4:00-5:15 pm; Sports Physicals 4:00-7:00 pm South Gym
Tuesday May 23	Weights 4:00-5:15 pm; Sports Physicals 4:00-7:00 pm South Gym
Friday June 2	Lodi High GRADUATION!!!!
Monday June 5	Weights @ Lodi High 5:00-6:15 pm
Tuesday June 6	Polo @ Tokay 5:30-7:30 pm
Wednesday June 7	Weights @Lodi High 5:00-6:15 pm
Thursday June 8	Polo @ Tokay 5:30-7:30 pm
Friday June 9	Polo @ Tokay 11:30am-1:00pm
Monday June 12	Weights @Lodi High 5:00-6:15 pm
Tuesday June 13	Polo @ Tokay 7:30-9:00 pm
Wednesday June 14	Weights @Lodi High 5:00-6:15 pm
Thursday June 15	Polo @ Tokay 7:30-9:00 pm
Friday June 16	Polo @ Tokay 11:30am-1:00pm
Monday June 19	Weights @Lodi High 5:00-6:15 pm
Tuesday June 20	Polo @ Tokay 7:30-9:00 pm
Wednesday June 21	Weights @Lodi High 5:00-6:15 pm
Thursday June 22	Polo @ Tokay 7:30-9:00 pm
Friday June 23	Polo @ Tokay 11:30am-1:00pm
Monday June 26	Weights @Lodi High 5:00-6:15 pm
Tuesday June 27	Polo @ Tokay 7:30-9:00 pm
Wednesday June 28	Weights @Lodi High 5:00-6:15 pm
Thursday June 29	Polo @ Tokay 7:30-9:00 pm
Friday June 30 through Tuesday July 4 NO Weights, Conditioning or Practice	
Wednesday July 5	Weights @Lodi High 5:00-6:15 pm
Thursday July 6	Polo @ Tokay 7:30-9:00 pm
Friday July 7	Polo 11:30am-1:00pm @ Tokay High
Monday July 10	Weights @Lodi High 5:00-6:15 pm
Tuesday July 11	Polo @ Tokay 7:30-9:00 pm
Wednesday July 12	Weights @Lodi High 5:00-6:15 pm
Thursday July 13	Polo @ Tokay 7:30-9:00 pm
Friday July 14	Polo @ Tokay 11:30am-1:00pm
Monday July 17	Weights @Lodi High 5:00-6:15 pm
Tuesday July 18	Polo @ Tokay 7:30-9:00 pm
Wednesday July 19	Weights @Lodi High 5:00-6:15 pm
Thursday July 20	Polo @ Tokay 7:30-9:00 pm
Friday July 21	Polo @ Tokay 11:30am-1:00pm
Monday July 24	Dead Time - Weights 4-5 pm @ LHS, 5-6:30 pm @ THS
Tuesday July 25	Dead Time - Weights 4-5 pm @ LHS, 5-6:30 pm @ THS
Wednesday July 26	Dead Time - Weights 4-5 pm @ LHS, 5-6:30 pm @ THS
Thursday July 27	Dead Time - Weights 4-5 pm @ LHS, 5-6:30 pm @ THS

\*Schedule Subject To Change

Remind App text @lodihighg to 81010