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| COM SO Training May | 2019 |
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| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Notes |
|  |  | 1 | 2 | 3 | Focus on Track and Field, Bocce and Candle pin for State Summer Games and Area Games |
|  |  | Area Track and Field Meet | Swimming for recovery | Weight Training |  |
| 6 | 7 | 8 | 9 | 10 |  |
| Weight Training | Track and Field | Track and Field | Swimming for recovery | Weight Training |  |
| 13 | 14 | 15 | 16 | 17 |  |
| Weight Training | Track and Field | Track and Field/pm Candle Pin Bowling | Swimming for recovery | Weight Training |  |
| 20 | 21 | 22 | 23 | 24 |  |
| Weight Training | Track and Field | Bocce | Swimming for recovery/ Candle Pin Bowling | Weight Training |  |
| 27 | 28 | 29 | 30 | 31 |  |
| OFF | Track and Field | Bocce | Swimming for recovery  Candle Pin Bowling | Weight Training |  |
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| Events | Heading To get started right away, just click any placeholder text (such as this) and start typing to replace it with your own. | Heading Want to insert a picture from your files or add a shape, text box, or table? You got it! On the Insert tab of the ribbon, just tap the option you need. | Heading View and edit this document in Word on your computer, tablet, or phone. |