



Swather Summer 2024: All Swathers, All Sports, All Out



Swather Summer 2024

Summer training sessions will begin on **Monday, June 3 for all High School and Middle School grades 7-8 student-athletes**. Training sessions will be led by USD 460 sports performance coordinator Tyson Bauerle and assisted by Doug Broadfoot and Taylor Hageman.

All sessions will begin in the main gym and will end in the weight room and/or track.

High School Football Players (starts Monday, June 3 and ends Thursday, August 8)

*Monday, Tuesday, *Wednesday, Thursday*

6:00 AM - 7:30 AM

**Wednesday is combined HS speed training session from 6:30 AM - 7:30 AM*

High School Females and Males not playing football (starts Monday, June 3 and ends August 8)

*Monday, Tuesday, *Wednesday, Thursday*

7:00 AM - 8:15 AM

**Wednesday is combined HS speed training session from 6:30 AM - 7:30 AM*

Middle School Males Grades 7-8 (starts Monday, June 3 and ends Thursday, August 1)

Monday, Tuesday, Thursday

8:00 AM- 9:00 AM

Middle School Females Grades 7-8 (starts Monday, June 5 and ends Thursday, August 1)

Monday, Tuesday, Thursday

8:30 AM- 9:30 AM

KSHSAA Summer Moratorium July 1 - 7 = No Training Sessions



Swather Summer 2024: *All Swathers, All Sports, All Out*



Swather Summer: June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	May 27 Memorial Day	May 28	May 29	30	31	1
2	3 All Training Sessions Begin	4 All Training Sessions	5 HS Speed 6:30	6 All Training Sessions	7	8
9	10 All Training Sessions	11 All Training Sessions	12 HS Speed 6:30	13 All Training Sessions	14	15
16	17 All Training Sessions	18 All Training Sessions	19 HS Speed 6:30	20 All Training Sessions	21	22
23	24 All Training Sessions	25 All Training Sessions	26 HS Speed 6:30	27 All Training Sessions	28	29



Swather Summer 2024: All Swathers, All Sports, All Out



Swather Summer: July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
30	1 KSHSAA Moratorium - No Sessions	2 KSHSAA Moratorium - No Sessions	3 KSHSAA Moratorium - No Sessions	4 KSHSAA Moratorium - No Sessions	5 KSHSAA Moratorium - No Sessions	6 KSHSAA Moratorium - No Sessions
7 KSHSAA Moratorium - No Sessions	8 All Training Sessions	9 All Training Sessions	10 HS Speed 6:30	11 All Training Sessions	12	13
14	15 All Training Sessions	16 All Training Sessions	17 HS Speed 6:30	18 All Training Sessions	19	21
21	22 All Training Sessions	23 All Training Sessions	24 HS Speed 6:30	25 All Training Sessions	26	27



Swather Summer 2024: All Swathers, All Sports, All Out



Swather Summer: August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 All Training Sessions	30 All Training Sessions	31 HS Speed 6:30	1 Last day for MS Training	2	3
4	5 HS Training Only	6 HS Training Only	7 HS Speed 6:30	8 Last day for HS Training	9	10
11	12	13	14	15	16	17
18	19 First Day of Fall Practices	20	21	22	23	24
25	26	27	28	29	30	31