

2026 JULY

RAN-SAC Schedule

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|---|---|----------|------------|----------|
| 28 | 29 | 30 | 01 | 02 | 03 | 04 |
| | | | No RAN-SAC - All Facilities Closed <i>(Gym Floors & Turf Fields Cleaned and Repaired)</i> | | | |
| 05 | 06 | 07 | 08 | 09 | 10 | 11 |
| No RAN-SAC <i>(Gym Floors & Turf Fields Cleaned and Repaired)</i> | | | <i>Middle School RAN-SAC Begins (7:30 - 9:30am)</i> Regular High School RAN-SAC Schedule | | Off | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| | | | <i>Regular RAN-SAC Schedule for Middle School & High School Athletes</i> | | Off | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| | | | <i>Regular RAN-SAC Schedule for Middle School & High School Athletes</i> | | Off | |
| 26 | 27 | 28 | 29 | 30 | 31 | 01 |
| | | | No RAN-SAC | | Off | |
| | | Sport Specific Work: TBD by Head Coaches <i>(HS Football Skills: 7:00 - 8:00am)</i> | | | | |
| 02 | 03 | 04 | 05 | 06 | 07 | 08 |
| 1st Day of Football | | | | | | |
| 1st Day of Volleyball | | | | | | |

****No high school football skills on July 20th and 21st. Weights and conditioning only.**