Mound City R-2 Athletic Department
Summer Weights Program
June-August 2026

HS Boys: 6-7 am (Monday, Tuesday, Thursday)
HS Girls: 7-8 am (Monday, Tuesday, Thursday)
JH Girls/Boys: 8-9 am (Tuesday and Thursday)

1st session: June 1nd-27th
- June 1st, 2nd, 4th
- June 8th, 9th, 11th
- June 15th, 16th, 18th
- June 22nd, 23rd, 25th

2nd session: July 5th-31st
- July 6th, 7th, 9th
- July 13th, 14th, 16th
- July 20th, 21st, 23rd
- July 27th, 28th, 30th

No Contact period (June 27th-July 5th)
Weights/conditioning ONLY (August 1st-9th)

*Must have a physical on file to participate

Summer Practice Schedules 2026

HS Sports:

Girls Basketball: https://aptg.co/vDNjtL
Boys Basketball: https://aptg.co/cZPXBr
HS Football: https://aptg.co/0qHyy8
HS Volleyball: https://aptg.co/NLfnT3

JH Sports:

Girls Basketball: https://aptg.co/QDkf4x
Boys Basketball: https://aptg.co/Xd8-m1
JH Football: https://aptg.co/ZzVxlT
JH Volleyball: https://aptg.co/Hj89zN