

Social Media Calendar



MON	TUE	WED	THU	FRI	SAT	SUN
Motivational quote	Coach's funny message	Before and after	TBT	Funny sports video	Mission	COVID (Remember to...)
STORIES: FEED:	STORIES: FEED:	STORIES: FEED:	STORIES: FEED:	STORIES: FEED:	STORIES: FEED:	STORIES: FEED:
Motivational quote	Coach's message	Parent testimonial	TBT	Fun fact (Did you know)	Vision	Healthy food for athletes
STORIES: FEED:	STORIES: FEED:	STORIES: FEED:	STORIES: FEED:	STORIES: FEED:	STORIES: FEED:	STORIES: FEED:
Motivational quote	Coach's funny message	Before and after	TBT	Funny sports video	Our Team (Coaches)	COVID (Remember to...)
STORIES: FEED:	STORIES: FEED:	STORIES: FEED:	STORIES: FEED:	STORIES: FEED:	STORIES: FEED:	STORIES: FEED:
Motivational quote	Coach's message	Parent testimonial	TBT	Fun fact (Did you know)	Sports news	Healthy food for athletes
STORIES: FEED:	STORIES: FEED:	STORIES: FEED:	STORIES: FEED:	STORIES: FEED:	STORIES: FEED:	STORIES: FEED:



WHEN TO POST

- Recommended** | TUE, THU, FRI, SAT, SUN
- Peak Engagement** | Weekend
- Peak Hours** | 1PM-4PM, 6PM-10PM



REMEMBER

- In your stories and feeds, you can use:**
 - Photos
 - Videos
 - Reels