Methacton Warriors Football

“Be Better”

2024 Workout Schedule:

*Weight Room January 17/18/22 – Orientation*

**Week of:** **Week of:**

Jan 29 April 8 OTA

Feb 5 April 15 OTA

Feb 12 April 22 OTA

Feb 26 April 29 OTA

March 4 (1st week Spring Sports PIAA) May 6 OTA

March 11 May 13 OTA

March 18 – Max Week May 20 – Max Week OTA\* (TBD)

March 25 – No Workouts May 28/29/30 Mini Camp

April 1 – No Workouts June 4/5/6 Mini Camp (Helmets)

Summer

June 17 – 19 – 21 7v7 6/19 – Away Wiss.

June 24 – 26 – 28 7v7 6/26 – Away Phoenixville

July 1 – 3 – 5 NO FOOTBALL

July 8 – 10 – 12 7v7

July 15 – 17 – 19 7v7

July 22 – 24 – 25 7v7 7/24– Home PJP

July 29 – 31 – Aug 1 Optional Workouts

2024/25 Season

August 5-10 Heat Week (8/10 Green & White) **Misc.**

August 12 -17th Camp Week (8/17 Lower Merion – S)

**Schedule**

8/23 Pottsgrove – Away Mid Term Exams 1/23-1/26

8/30 WM Tennent – Away

9/6 Shannahan (H) HUDL

9/13 Great Valley (A) Registration Page: [hudl.com/jointeam](Hudl)

9/20 Boyertown (H) Team Code: bark9wk

9/27 S-F (A)

10/4 Norristown (A)

10/11 OJRoberts (H)

10/18 Perk Valley (H)

10/25 Crossover (A)

11/1 PIAA Dict. 1 5A Playoffs 1/9/24