

# July

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30 Weight room 5pm to 6pm	31 Weight room 5pm to 6pm			

# August

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Weight room 5pm to 6pm	2	3
4	5	6 Weight room 5pm to 6pm	7 Weight room 5pm to 6pm	8 Weight room 5pm to 6pm	9	10
11	12 Voluntary workouts 5pm to 7pm	13 Voluntary workouts 5pm to 7pm	14 Voluntary workouts 5pm to 7pm	15 Voluntary workouts 5pm to 7pm	16	17
18	19 Mandatory Heat Acclimation 5pm to 7pm	20 Mandatory Heat Acclimation 5pm to 7pm	21 Mandatory Heat Acclimation 5pm to 7pm	22 Mandatory Heat Acclimation 5pm to 7pm	23 Mandatory Heat Acclimation 5pm to 7pm	24
25	26 First day of school Normal practice 3:15pm to 5:30pm	27 Normal practice 3:15pm to 5:30pm	28 Normal practice 3:15pm to 5:30pm	29 Normal practice 3:15pm to 5:30pm	30 Normal practice 3:15pm to 5:30pm	31

# September

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 Scrimmage @ OJR 3:45pm	6	7
8	9	10	11	12 Home Game Perk Valley 3:45pm	13	14
15	16	17	18	19 Away @ Norristown 3:45pm	20	21
22	23	24	25	26 Home Game Springford 3:45pm	27	28
29	30					

# October

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Home Game Methacton 3:45pm	4	5
6	7	8	9	10 Away @OJR 3:45pm	11	12
13	14	15	16	17 Away @ Academy Park 3:45 pm	18	19
20	21	22	23	24 Away @ Pottstown 3:45pm	25	26
27	28	29	30 Away @ Govern Mifflin 4pm	31		

