



# JULY 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
<b>DEAD WEEK</b>						
10	11 Football Lifting/Training JV/Var 8-10 a.m. Freshman 5-6:30 p.m. TOUGH 12	12 JV/Var 8-8:30 a.m. Lift 7-on-7 @ Milan 10a Freshman 5-6:30 p.m. TOUGH 12	13	14 JV/Var 8-9 a.m. Lift 7-on-7 @ NDP 11a Freshman 5-6:30 p.m. TOUGH 12	15	16
17	18 Football Lifting/Training JV/Var 8-10 a.m. Freshman 5-6:30 p.m. TOUGH 12 Fr. 7 on 7	19 Football Lifting/Training JV/Var 8-10 a.m. Freshman 5-6:30 p.m. TOUGH 12	20	21 Football Lifting/Training JV/Var 8-10 a.m. Freshman 5-6:30 p.m. TOUGH 12	22	23
24	25 Glenn Team Camp JV/Var 8-12 a.m. Freshman 5-7 p.m. Youth Camp 12-2	26 Fundraiser Kick-off Glenn Team Camp JV/Var 8-12 a.m. Freshman 5-7 p.m. Youth Camp 12-2	27 Glenn Team Camp JV/Var 8-12 a.m. Freshman 5-7 p.m. Youth Camp 12-2	28 Glenn Team Camp JV/Var 8-12 a.m. Freshman 5-7 p.m. Youth Camp 12-2	29	30
31		<b>Notes:</b> Helmets will be given out when an athlete attends their 6th workout. Helmets are required for 7 on 7's				