**2023 PATRIOT FOOTBALL**

**FEBRUARY**

|  |  |  |  |  |  |  |
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| **MON** | **TUES** | **WED** | **THURS** | **FRI** | **SAT** | **SUN** |
|  |  | **1** | **2** | **3**  **WT ROOM 2:30 – 3:30 PM** | **4** | **5** |
| **6**  **WT ROOM 2:30 – 3:30 PM** | **7** | **8**  **WT ROOM 2 – 3:30 PM**  **FIELD – 3:30 – 4:30** | **9** | **10**  **WT ROOM 2:30 – 3:30 PM** | **11** | **12** |
| **13**  **WT ROOM 2:30 – 3:30 PM** | **14** | **15**  **WT ROOM 2:30 – 3:30 PM**  **FIELD – 3:30 – 4:30** | **16** | **17**  **WT ROOM 2:30 – 3:30 PM** | **18** | **19** |
| **20**  **HOLIDAY** | **21** | **22**  **WT ROOM 2:30 – 3:30 PM** | **23** | **24**  **WT ROOM 2:30 – 3:30 PM** | **25** | **26** |
| **27**  **WT ROOM 2:30 – 3:30 PM** | **28** |  |  |  |  |  |

**MARCH**

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| **MON** | **TUES** | **WED** | **THURS** | **FRI** | **SAT** | **SUN** |
|  |  | **1 WT ROOM 2:30 – 3:30 PM FIELD – 3:30 – 4:30** | **2** | **3 WT ROOM 2:30 – 3:30 PM** | **4** | **5** |
| **6 WT ROOM 2:30 – 3:30 PM** | **7** | **8 WT ROOM 2:30 – 3:30 PM FIELD – 3:30 – 4:30** | **9** | **10 WT ROOM 2:30 – 3:30 PM** | **11** | **12** |
| **13 WT ROOM 2:30 – 3:30 PM** | **14** | **15 WT ROOM 2:30 – 3:30 PM FIELD – 3:30 – 4:30** | **16** | **17 WT ROOM 2:30 – 3:30 PM** | **18** | **19** |
| **20 WT ROOM 2:30 – 3:30 PM** | **21** | **22 WT ROOM 2:30 – 3:30 PM FIELD – 3:30 – 4:30** | **23** | **24 WT ROOM 2:30 – 3:30 PM** | **25** | **26** |
| **27 WT ROOM 2:30 – 3:30 PM** | **28** | **29 WT ROOM 2:30 – 3:30 PM FIELD – 3:30 – 4:30** | **30** | **31 WT ROOM 2:30 – 3:30 PM**  **LIFT A THON**  **4 PM - GYM** | **1** | **2** |

**APRIL**

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| **MON** | **TUES** | **WED** | **THURS** | **FRI** | **SAT** | **SUN** |
| **3 SPRING BREAK** | **4** | **5 SPRING BREAK** | **6** | **7 SPRING BREAK** | **8** | **9** |
| **10 NO LIFTING** | **11** | **12**  **WT ROOM 2 – 3:30 PM**  **FIELD – 3:30 – 4:30** | **13** | **14**  **WT ROOM 2:30 – 3:30 PM** | **15** | **16** |
| **17 WT ROOM 2:30 – 3:30 PM** | **18** | **19**  **WT ROOM 2:30 – 3:30 PM**  **7 on 7 – 6pm** | **20** | **21**  **NO LIFTING** | **22** | **23** |
| **24 HOLIDAY** | **25** | **26**  **WT ROOM 2:30 – 3:30 PM**  **7 on 7 - 6 pm** | **27** | **28**  **WT ROOM 2:30 – 3:30 PM** | **29** | **30** |

**MAY**

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| **MON** | **TUES** | **WED** | **THURS** | **FRI** | **SAT** | **SUN** |
| **1** | **2** | **3**  **WT ROOM 2:30 – 3:30 PM**  **7 on 7 – 6pm** | **4** | **5**  **WT ROOM 2:30 – 3:30 PM** | **6** | **7** |
| **8 WT ROOM 2:30 – 3:30 PM** | **9** | **10**  **WT ROOM 2:30 – 3:30 PM FIELD 3:30 – 4:30**  **PWC SHOWCASE (SENIORS)** | **11** | **12**  **WT ROOM 2:30 – 3:30 PM** | **13** | **14** |
| **15**  **WT ROOM 2:30 – 3:30 PM** | **16** | **17**  **WT ROOM 2:30 – 3:30 PM**  **7 on 7 – 6pm** | **18** | **19**  **WT ROOM 2:30 – 3:30 PM** | **20** | **21** |
| **22**  **WT ROOM 2:30 – 3:30 PM** | **23** | **24**  **WT ROOM 2:30 – 3:30 PM**  **7 on 7 – 6pm** | **25** | **26**  **WT ROOM 2:30 – 3:30 PM** | **27** | **28** |
| **29**  **NO LIFTING** | **30** | **31**  **WT ROOM 2:30 – 3:30 PM**  **7 on 7 – 6pm** |  |  |  |  |

**JUNE**

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| **MON** | **TUES** | **WED** | **THURS** | **FRI** | **SAT** | **SU** |
|  |  |  | **1** | **2**  **LIFT – A – THON is at 4 pm in Gym** | **3** | **4** |
| **5**  **WT ROOM**  **2:30 – 3:15 PM** | **6** | **7** | **8** | **9**  **WT ROOM 2:30 – 3:15 PM**  **PRACTICE #1**  **3:30 – 4:30 PM** | **10**  **GOLF**  **FUND**  **RAISE** | **11** |
| **12**  **WT ROOM 2:30 – 3:15 PM**  **PRACTICE#2**  **3:30 – 4:30 PM** | **13** | **14**  **WT ROOM**  **12:00 – 12:30 PM**  **PRACTICE#3**  **12:45 – 2:00 PM** | **15**  **Pract-4** | **16 (Thursday)**  **WT ROOM**  **9 – 10 AM**  **PRACTICE#4**  **10:30 – 12:00** | **17** | **18** |
| **19 (Tuesday)**  **WT ROOM**  **9 – 10 AM**  **PRACTICE#5**  **10:30 – 12:00** | **20**  **Pract-5** | **21**  **WT ROOM**  **9 – 10 AM**  **PRACTICE#6**  **10:30 – 12:00 PM** | **22** | **23**  **WT ROOM**  **9 – 10 AM**  **PRACTICE#7**  **10:30 – 12:00** | **24** | **25** |
| **26**  **WT ROOM**  **9 – 10 AM**  **PRACTICE#8**  **10:30 – 12:00** | **27** | **28**  **WT ROOM**  **9 – 10 AM**  **PRACTICE#9**  **10:30 – 12:00 PM** | **29** | **30**  **WT ROOM**  **9 – 10 AM**  **PRACTICE#10**  **10:30 – 12:00** | **1** | **2** |

**JULY**

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| **MON** | **TUES** | **WED** | **THURS** | **FRI** | **SA** | **SUN** |
| **3 DEAD PERIOD** | **4 DP** | **5 DEAD PERIOD** | **6 DP** | **7 DEAD PERIOD** | **8** | **9** |
| **10**  **WT ROOM**  **9 – 11 AM** | **11** | **12**  **WT ROOM**  **9 – 11 AM** | **13** | **14**  **WT ROOM**  **9 – 11 AM** | **15** | **16** |
| **17**  **WT ROOM**  **9 – 11 AM** | **18** | **19**  **WT ROOM**  **9 – 11 AM** | **20** | **21**  **WT ROOM**  **9 – 11 AM** | **22** | **23** |
| **24**  **WT ROOM**  **9 – 11 AM** | **25 9AM**  **EQUIP**  **HANDOUT**  **SR/JR** | **26 9 AM**  **EQUIP HANDOUT SO/FR** | **27 TRYOUTS/PRACTICE**  **7AM – 2 PM** | **28 TRYOUTS/PRACTICE**  **7AM – 2 PM** | **29** | **30** |
| **31 TRYOUTS /PRACTICE**  **7AM – 2 PM** |  |  |  |  |  |  |

**AUGUST**

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| **MON** | **TUES** | **WED** | **THURS** | **FRI** | **SAT** | **SUN** |
| **31 TRYOUTS /PRACTICE**  **7AM – 2 PM** | **1 PRACTICE**  **7AM - 2PM** | **2**  **PRACTICE**  **7AM - 2PM** | **3 PRACTICE**  **7AM - 2PM** | **4**  **PRACTICE**  **7AM - 2PM** | **5** | **6** |
| **7 PRACTICE**  **7AM - 2PM** | **8 PRACTICE**  **7AM - 2PM** | **9**  **PRACTICE**  **7AM - 2PM** | **10 PRACTICE**  **7AM - 2PM** | **11**  **PRACTICE**  **7AM – 9AM**  **6PM**  **SCRIMMAGE**  **LIBERTY / BRIAR WOODS** | **12** | **13** |
| **14 PRACTICE**  **3 – 5 PM** | **15 PRACTICE**  **3 – 5 PM** | **16**  **PRACTICE**  **3 – 5 PM** | **17**  **PRACTICE**  **3 – 5 PM** | **18**  **SCRIMMAGE.**  **6 PM @ CENTREVILLE** | **19** | **20** |
| **21 PRACTICE**  **3 – 5 PM** | **22**  **PRACTICE**  **3 – 5 PM** | **23**  **PRACTICE**  **3 – 5 PM** | **24 PRACTICE**  **3 – 5 PM** | **25**  **WESTFIELD**  **7 PM** | **26** | **27** |
| **28 PRACTICE**  **3 – 5 PM** | **29 PRACTICE**  **3 – 5 PM** | **30**  **PRACTICE**  **3 – 5 PM** | **31 PRACTICE**  **3 – 5 PM** | **1**  **BYE** |  |  |