**2023 PATRIOT FOOTBALL**

**FEBRUARY**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **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** |  |  |