

# May 2024 FOOTBALL



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5 7s 3-6 pm	6	7	8	9	10	11
12 7s 3-6 pm	13	14	15	16	17	18
19 7s 3-6 pm	20	21 3:30-5:30 Spring Football Returning Players	22 3:30-5:30 Spring Football Returning Players	23 3:30-5:30 Spring Football Returning Players	24	25
26	27	28 3:30-5:30 Spring Football Returning Players	29 3:30-5:30 Spring Football Returning Players	30 3:30-5:30 Spring Football Returning Players	31	

\*Do not schedule vacations in August

\*Get your physicals after May 1 and before last exam. Complete all items in Big Teams (Student Central)

\*August 1 you will need: padlock, \$225, sneakers/cleats (NO FLIP FLOPS/DUDES/CROCS)

# June 2024 FOOTBALL



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 7s 3-6 pm	3	4	5	6	7	8
9	10 Exams	11 Exams	12 Exams	13 Exams	14	15
16	17 Lift & Speed 9-11 am 6-9 pm Youth Camp	18 Lift & Speed 9-11 am 6-9 pm Youth Camp	19 Lift & Speed 9-11 am 6-9 pm Youth Camp	20 Lift & Speed 9-11 am 6-9 pm Youth Camp	21	22
23	24 Lift & Speed 9-11 am Freshman Conditioning	25 Lift & Speed 9-11 am Freshman Conditioning	26 Lift & Speed 9-11 am Freshman Conditioning	27 Lift & Speed 9-11 am Freshman Conditioning	28	29
30						

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# July 2024 FOOTBALL



Sun day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Lift & Speed 9-11 am Freshman Conditioning 9-10:30 am	2 Lift & Speed 9-11 am Freshman Conditioning 9-10:30 am	3 Lift & Speed 9-11 am Freshman Conditioning 9-10:30 am	4 Lift & Speed 9-11 am Freshman Conditioning	5	6
7	8 Lift & Speed 9-11 am Freshman Conditioning 9-10:30 am	9 Lift & Speed 9-11 am Freshman Conditioning 9-10:30 am	10 Lift & Speed 9-11 am Freshman Conditioning 9-10:30 am	11 Lift & Speed 9-11 am Freshman Conditioning	12	13
14	15 Lift & Speed 9-11 am Freshman Conditioning 9-10:30 am	16 Lift & Speed 9-11 am Freshman Conditioning 9-10:30 am	17 Lift & Speed 9-11 am Freshman Conditioning 9-10:30 am	18 Lift & Speed 9-11 am Freshman Conditioning	19	20
21	22 Lift & Speed 9-11 am Freshman Conditioning 9-10:30 am	23 Lift & Speed 9-11 am Freshman Conditioning 9-10:30 am	24 Lift & Speed 9-11 am Freshman Conditioning 9-10:30 am	25 Lift & Speed 9-11 am Freshman Conditioning	26	27
28	29 Lift & Speed 9-11 am Freshman Conditioning 9-10:30 am	30 Lift & Speed 9-11 am Freshman Conditioning 9-10:30 am	31 Lift & Speed 9-11 am Freshman Conditioning 9-10:30 am			

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# August 2024 FOOTBALL



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Varsity/JV 7-9 pm Freshman Conditioning 8-10:30 am	2 Varsity/JV 7-9 pm	3 Varsity/JV 9 -11:30 am
4	5 Varsity/JV 7-10 pm Freshman Conditioning 8-10:30 am	6 Varsity/JV 7-10 pm Freshman Conditioning 8-10:30 am	7 Varsity/JV 7-10 pm Freshman Conditioning 8-10:30 am	8 Varsity/JV 7-10 pm Freshman Conditioning 8-10:30 am	9 Varsity/JV 7-10 pm	10 Varsity/JV 9 am – 2 pm
11	12 Varsity/JV 7-10 & 1-2 pm Freshmen Football Practice 7-9:30 am	13 Varsity/JV 7-10 & 1-2 pm Freshmen Football Practice 7-9:30 am	14 Varsity/JV 7-10 & 1-2 pm Freshmen Football Practice 7-9:30 am	15 Varsity/JV 7-10 & 1-2 pm Freshmen Football Practice 7-9:30 am	16 GPrep Scrimmages JV 4 pm V – 6 PM Freshmen Football Practice 7-9:30 am	17 Varsity/JV 9-11:30 am Freshmen Football Practice 7-9:30 am
18	19 After school all levels	20 After school all levels	21 After school all levels	22 After school all levels	23 Varsity scrimmage SSSA TBD JV vs McNamara TBD	24 Varsity/JV 9-11 am BBQ @ night
25	26 After school all levels	27 After school all levels	28 After school all levels	29 Int. Squad Scrimmage Freshmen practice after school	30 After school all levels– early dismissal	31 Off

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