

June 2019

SUN	MON	TUES	WED	THURS	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13 LAST DAY OF SCHOOL	14	15
16	17 WEIGHT ROOM OPEN 9-11AM	18 WEIGHT ROOM OPEN 9-11AM	19 WEIGHT ROOM OPEN 9-11AM	20 WEIGHT ROOM OPEN 9-11AM	21 WEIGHT ROOM OPEN 9-11AM	22
23	24 MUSKEGON CAMP DEPART 9:15 AM OVERNIGHT	25 MUSKEGON CAMP ARRIVE BACK 5PM	26 WEIGHT ROOM OPEN 9-11AM	27 WEIGHT ROOM OPEN 9-11AM	28 WEIGHT ROOM OPEN 9-11AM	29 DEAD WEEK
30 DEAD WEEK	NOTES					

July 2019

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 DEAD WEEK	2 DEAD WEEK	3 DEAD WEEK	4 DEAD WEEK	5 DEAD WEEK	6 DEAD WEEK
7 DEAD WEEK	8 MANDATORY WEIGHT ROOM 9-11AM	9 MANDATORY SPEED AND AGILITY @ STABLE 9AM-10:15AM	10 MANDATORY SPEED AND AGILITY @ STABLE 9AM-10:15AM	11 MANDATORY SPEED AND AGILITY @ STABLE 9AM-10:15AM	12 WEIGHT ROOM OPEN 9-11AM	13
14	15 MANDATORY WEIGHT ROOM 9-11AM	16 MANDATORY SPEED AND AGILITY @ STABLE 9AM-10:15AM	17 MANDATORY SPEED AND AGILITY @ STABLE 9AM-10:15AM	18 MANDATORY SPEED AND AGILITY @ STABLE 9AM-10:15AM	19 WEIGH TROOM OPEN 9-11AM	20
21	22 PC FOOTBALL CAMP 8:30AM-2: 30PM	23 PC FOOTBALL CAMP 8:30AM-2: 30PM	24 PC FOOTBALL CAMP 8:30AM-2: 30PM	25 SPECIAL TEAMS 9-11AM	26 OFF DAY	27
28	29 JENISON CAMP 9AM-2PM	30 PC FOOTBALL TESTING/ COMPETITION DAY 9AM-10:30	31 DAY CAMP @SCRAFT 9-12			

NOTES
7ON7 DATES AND TIMES TBD

August 2019

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 DEAD WEEK	2 DEAD WEEK	3 DEAD WEEK
4 DEAD WEEK	5 DEAD WEEK	6 DEAD WEEK	7 DEAD WEEK	8 DEAD WEEK PHYSICALS @PCHS COMMONS \$25	9 DEAD WEEK	10 PC FOOTBALL YOUTH CLINIC 9AM-NOON
11	12 PRE SEASON PRACTICE 8:30-11:30 1-2:30PM	13 PRE SEASON PRACTICE 8:30-11:30 1-2:30PM	14 PRE SEASON PRACTICE 8:30-11:30 1-2:30PM	15 PRE SEASON PRACTICE 8:30-11:30 1-2:30PM	16 PRE SEASON PRACTICE 8:30-11:30 1-2:30PM	17 ICE CREAM KICKOFF INTERSQUAD SCRIMMAGE 9-11AM
18 VARSITY ONLY PRACTICE 6-8PM	19 PRE SEASON PRACTICE 8:30-11:30 1-2:30 GOLD CARDS 4-8PM MOMS CLINIC 6-7PM	20 PRACTICE 8:30-11:30 1-2:30PM ROCKET NIGHT 5-8PM RAMONA	21 VARSITY SCRIMMAGE @BYRON CENTER 10AM FROSH/JV PRACTICE 8: 30-NOON	22 FROSH/JV SCRIMMAGE @ROCKFORD 10AM VARSITY PRACTICE/FILM 9AM-12	23 FROSH/JV FILM 9-11AM VARSITY @ SCHOOLCRAFT 9-11: 30AM	24 OFF
25 ALL LEVELS PRACTICE 6-8PM	26 VARSITY ONLY 9-10AM ALL LEVELS 3-5:30	27 VARSITY ONLY 9-10AM ALL LEVELS 3-5:30	28 FROSH JV GAME GULL LAKE 4:30/6 VARSITY PRACTICE 3-5: 30	29 VARSITY GAME 7PM VS GULL LAKE FROSH/JV PRACTICE TBD	30 LABOR DAY WEEKEND OFF UNTIL MONDAY NIGHT	31 OFF

NOTES

*LABOR DAY PRACTICE MONDAY SEPTEMBER 2 6-8PM. ALL LEVELS WILL BE OFF FRIDAY, SATURDAY, AND SUNDAY
 *AFTER SCHOOL PRACTICE WILL BE FROM 3-5:30ISH

september 2019

SUN	MON	TUES	WED	THURS	FRI	SAT
1 OFF	2 VARSITY FILMS 4:30-6PM ALL LEVELS PRACTICE 6-8PM	3 ALL LEVELS 3-5:30	4 ALL LEVELS 3-5:30	5 FROSH JV GAME KC 4:30/6 VARSITY PRACTICE 3-5:30	6 VARSITY GAME 7PM @KC FROSH/JV PRACTICE 3-4:30PM	7 OFF
8 VARSITY FILMS 5:30-7PM	9 ALL LEVELS 3-5:30	10 ALL LEVELS 3-5:30	11 ALL LEVELS 3-5:30	12 FROSH JV GAME @PN 4:30/6 VARSITY PRACTICE 3-5:30	13 VARSITY GAME 7PM VS PNORTHERN FROSH/JV PRACTICE 3-4:30PM	14 OFF
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

NOTES