

# August

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Practice 8:00am-10:30am, Lunch/Meetings 10:45am-11:45pm, Practice 12:00pm-2:30pm	2 Practice 8:00am-10:30am, Lunch/Meetings 10:45am-11:45pm, Practice 12:00pm-2:30pm	3 Practice 8:00am-10:30am, Lunch/Meetings 10:45am-11:45pm, Practice 12:00pm-2:30pm	4 Practice 8:00am-10:30am, Lunch/Meetings 10:45am-11:45pm, Practice 12:00pm-2:30pm, Summit Ropes Team Event 6-8pm	5 Practice 8:00am-10:30am, Lunch/Meetings 10:45am-11:45pm, Practice 12:00pm-2:30pm	6 Blue/Red Game & Family Barbeque, Football Card Sales 8:00am-3:00pm
7	8 Practice 8:00am-10:30am	9 Practice 8:00am-10:30am	10 Practice 8:00am-10:30am	11 Scrimmage @ Heritage Freshmen 4:30pm, JV/Varsity 6:00pm	12 Film/Lifting 4:30pm-7:00pm	13 OFF
14	15 Practice 4:30pm-7:00pm	16 Practice 4:30pm-7:00pm	17 Practice 4:30pm-7:00pm	18 Scrimmage Freedom Freshmen 4:30pm, JV/Varsity 6:00pm	19 Film/Lifting 4:30pm-7:00pm	20 OFF
21	22 Practice 4:45pm-7:15pm	23 Practice 4:45pm-7:15pm	24 Practice 4:45pm-7:15pm	25 Pregame Walk-Through/ Uniform Handout/Team Dinner 4:45pm-6:15pm	26 Varsity Game @ Tuscarora 7:00pm	27 Varsity Lifting/Treatment 9:00am-11:00am, JV/Freshmen practice
28	29 Practice 4:45pm-6:15pm Film/Install Freshmen/JV Game TBD	30 Practice 4:45pm-7:15pm	31 Practice 4:45pm-7:15pm			