

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5 RISE 7ON7 RISE 5ON5
6 Off-season weights: 2:30-4:30 PARENT MEETING!	7 Off-season weights: 2:30-4:30	8	9 Off-season weights: 2:30-4:30	10 Off-season weights: 2:30-4:30	11 SAQ field training 9:30am-11:00am	12 MOTHERS DAY OFF
13 Off-season weights: 2:30-4:30	14 Off-season weights: 2:30-4:30	15	16 Off-season weights: 2:30-4:30	17 Off-season weights: 2:30-4:30	18 SAQ field training 9:30am-11:00am	19 RISE 7ON7 RISE 5ON5
20 Off-season weights: 2:30-4:30	21 Off-season weights: 2:30-4:30	22 HELEMT AND JERSEY CHECK OUT AT 2:30PM	23 Off-season weights: 2:30-4:30	24 OFF	25 OFF	26
27	28 FB PRACTICE #1 2:30-4:30	29 FB PRACTICE #2 2:30-4:30	30 FB PRACTICE #3 2:30-4:30	31		



June 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2 CAR WASH FUNDRAISER
3 FB PRACTICE #5 2:30-4:30	4 FB PRACTICE #4 2:30-4:30	5	6 FB PRACTICE #6 2:30-4:30	7	8	9 CAR WASH FUNDRAISER
10 FB PRACTICE #7 2:30-4:30	11 FB PRACTICE #8 2:30-4:30	12	13 FB PRACTICE #9 2:30-4:30 VARSITY SCRIM @ AHS	14	15	16 FATHERS DAY
17	18 FB PRACTICE #10 2:30-4:30	19 FB PRACTICE #11 2:30-4:30	20 FB PRACTICE #12 2:30-4:30	21 CWU FOOTBALL CAMP	22 CWU FOOTBALL CAMP	23 CWU FOOTBALL CAMP
24 CWU FOOTBALL CAMP	25 OFF	26 OFF	27 OFF	28 OFF	29 OFF	30 OFF



July 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 OFF	2 OFF	3 OFF	4 OFF	5 OFF	6 OFF	7
8 Off-season weights: 2:30-4:30	9 Off-season weights: 2:30-4:30	10 Off-season weights: 2:30-4:30	11 7ON7 @KR@10 Off-season weights: 2:30-4:30	12	13	14
15 Off-season weights: 2:30-4:30	16 Off-season weights: 2:30-4:30	17 Off-season weights: 2:30-4:30	18 7ON7 @KR@10 Off-season weights: 2:30-4:30	19 NHRA FUNDRAISER	20 NHRA FUNDRAISER	21 NHRA FUNDRAISER
22 Off-season weights: 2:30-4:30	23 Off-season weights: 2:30-4:30	24 Off-season weights: 2:30-4:30	25 7ON7 @KR@10 Off-season weights: 2:30-4:30	26	27	28
29 Off-season weights: 2:30-4:30	30 Off-season weights: 2:30-4:30	31 Off-season weights: 2:30-4:30				



August 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Off-season weights: 2:30-4:30	2 Off-season weights: 2:30-4:30	3	4
5 Off-season weights: 2:30-4:30	6 Off-season weights: 2:30-4:30	7 Off-season weights: 2:30-4:30	8 Off-season weights: 2:30-4:30	9	10	11
12 Off-season weights: 2:30-4:30	13 Off-season weights: 2:30-4:30	14 Off-season weights: 2:30-4:30	15 Off-season weights: 2:30-4:30	16	17	18
19 CONK 1000 TEST 2:30PM GEAR HANDOUT	20 GEAR HANDOUT	21 FIRST DAY OF SEASON 2:30PM	22 PRACTICE #2&3: 2:30-5:00 7:00-9:00	23 PRACTICE #4 3:00-6:00 LOCK IN EVENT	24 LOCK-IN EVENT TEAM PICTURES @1PM	25
26 PRACTICE #6 3:00-6:00	27 PRACTICE #7 3:00-6:00	28 PRACTICE #8 3:00-6:00	29 STUDY HALL: 12:30PM PRACTICE #9 3:00-6:00	30 PRACTICE #10 3:00-6:00	31 PRACTICE #11 9:00-11:00 TEAM BBQ EVENT	

