

May 2023

May 2023							June 2023						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28
29	30						29	30					

May 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29 Memorial Day	30 Football Camp 8:00-10:30am	31 Football Camp 8:00-10:30am	1 Football Camp 8:00-10:30am	2 Football Camp 8:00-10:30am	3
4	5	Notes				

June 2023

S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6	2	3	4	5	6	7	8
7	8	9	10	11	12	13	9	10	11	12	13	14	15
14	15	16	17	18	19	20	16	17	18	19	20	21	22
21	22	23	24	25	26	27	23	24	25	26	27	28	29
28	29	30	31				30	31					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
	Weights 8:30-9:45 7-9 LIFT 10-12 Agility 9:45- 10:30 7-9 Agility 10-12 LIFT	Weights 8:30-9:45 7-9 LIFT 10-12 Agility 9:45- 10:30 7-9 Agility 10-12 LIFT	Weights 8:30-9:45 7-9 LIFT 10-12 Agility 9:45- 10:30 7-9 Agility 10-12 LIFT	Weights 8:30-9:45 7-9 LIFT 10-12 Agility 9:45- 10:30 7-9 Agility 10-12 LIFT		
11	12	13	14	15	16	17
	Weights 7:30-8:30 FB Drills 8:30-9:45 7-9 LIFT 10-12 Agility 9:45-10:30 7-9 Agility 10-12 LIFT	Weights 8:30-9:45 7-9 LIFT 10-12 Agility 9:45- 10:30 7-9 Agility 10-12 LIFT	Weights 7:30-8:30 FB Drills 8:30-9:45 7-9 LIFT 10-12 Agility 9:45-10:30 7-9 Agility 10-12 LIFT	Weights 8:30-9:45 7-9 LIFT 10-12 Agility 9:45- 10:30 7-9 Agility 10-12 LIFT		
18	19	20	21	22	23	24
	Weights 7:30-8:30am-8-12 Football Drills 8:30-9:15am 7-9 LIFT 10-12 Agility 9:15-10:00am 7-9 Agility 10-12 LIFT	Weights 8:30-9:45 7-9 LIFT 10-12 Agility 9:45- 10:30 7-9 Agility 10-12 LIFT	Weights 7:30-8:30 FB Drills 8:30-9:45 7-9 LIFT 10-12 Agility 9:45-10:30 7-9 Agility 10-12 LIFT	Weights 8:30-9:45 7-9 LIFT 10-12 Agility 9:45- 10:30 7-9 Agility 10-12 LIFT		
25	26	27	28	29	30	1
	Weights 7:30-8:30 FB Drills 8:30-9:45 7-9 LIFT 10-12 Agility 9:45-10:30 7-9 Agility 10-12 LIFT	Weights 8:30-9:45 7-9 LIFT 10-12 Agility 9:45- 10:30 7-9 Agility 10-12 LIFT	Weights 7:30-8:30 FB Drills 8:30-9:45 7-9 LIFT 10-12 Agility 9:45-10:30 7-9 Agility 10-12 LIFT	Weights 8:30-9:45 7-9 LIFT 10-12 Agility 9:45- 10:30 7-9 Agility 10-12 LIFT		
2	3	Notes				

July 2023

JULY 2023							JULY 2023						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
4	5	6	7	8	9	10	6	7	8	9	10	11	12
11	12	13	14	15	16	17	13	14	15	16	17	18	19
18	19	20	21	22	23	24	20	21	22	23	24	25	26
25	26	27	28	29	30		27	28	29	30	31		

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
25	26	27	28	29	30	1							
2	3	4	5	6	7	8							
	Rest Week		Rest Week		Rest Week		Rest Week		Rest Week		Rest Week		
9	10	11	12	13	14	15							
	Weights 7:00-8:30am-9:12 Football Drills 8:30-9:15am 7-9 lift 10-12 Agility 9:15-10:00am 7-9Agility 10-12 Lift	Weights 8:30-9:15am 7-9 lift 10-12 Agility 9:15-10:00am 7-9Agility 10-12 Lift	Weights 7:00-8:30am-9:12 Football Drills 8:30-9:15am 7-9 lift 10-12 Agility 9:15-10:00am 7-9Agility 10-12 Lift	Weights 7:00-7:45am-7-9 lift 10-12 Agility 8:30-9:15am 7-9 lift 10-12 Agility 9:15-10:00am 7-9Agility 10-12 Lift									
16	17	18	19	20	21	22							
	Weights 7:00-7:45am-7-9 lift 10-12 Agility 7:45-8:30am 7-9Agility 10-12 Lift 9:00-11 Team Camp	Weights 7:00-7:45am-7-9 lift 10-12 Agility 7:45-8:30am 7-9Agility 10-12 Lift 9:00-11 Team Camp	Weights 7:00-7:45am-7-9 lift 10-12 Agility 7:45-8:30am 7-9Agility 10-12 Lift 9:00-11 Team Camp	Weights 7:00-7:45am-7-9 lift 10-12 Agility 7:45-8:30am 7-9Agility 10-12 Lift 9:00-11 Team Camp									
23	24	25	26	27	28	29							
	Weights 7:00-7:45am-7-9 lift 10-12 Agility 7:45-8:30am 7-9Agility 10-12 Lift 9:00-11 Team Camp	Weights 7:00-7:45am-7-9 lift 10-12 Agility 7:45-8:30am 7-9Agility 10-12 Lift 9:00-11 Team Camp	Weights 7:00-7:45am-7-9 lift 10-12 Agility 7:45-8:30am 7-9Agility 10-12 Lift 9:00-11 Team Camp	Weights 7:00-7:45am-7-9 lift 10-12 Agility 7:45-8:30am 7-9Agility 10-12 Lift 9:00-11 Team Camp									
30	31	Notes											
DEAD WEEK													