

| Summer | | | | | | | |
|-------------------------------|---|--|--|--|--|--|--|
| KEY | Recovery | Build It | Get Better | Competiton | Weights | Camps | Film |
| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 11 | June 3 | 7 AM WTS V 8 AM WTS T 9 AM WTS | Lower Kingston 7:00-9:00 | 7 AM WTS V 8 AM WTS T 9 AM WTS | Lower Kingston 7:00-9:00 | 7 AM WTS V 8 AM WTS T 9 AM WTS Team BBQ | June 9 |
| 10 | June 10 | 7 AM WTS V 8 AM WTS T 9 AM WTS | Lower Kingston 7:00-9:00 | 7 AM WTS V 8 AM WTS T 9 AM WTS | Lower Kingston 7:00-9:00 | 7 AM WTS V 8 AM WTS T 9 AM WTS | June 10 |
| Junior Camp 10:30-12:00 (4-8) | | | | | | | |
| 9 | June 17 | 7 AM WTS V 8 AM WTS T 9 AM WTS | Lower Kingston 7:00-9:00 | 7 AM WTS V 8 AM WTS T 9 AM WTS | Lower Kingston 7:00-9:00 | 7 AM WTS V 8 AM WTS T 9 AM WTS | June 23 |
| 8 | June 24 | 7 AM WTS V 8 AM WTS T 9 AM WTS | Lower Kingston 7:00-9:00 | 7 AM WTS V 8 AM WTS T 9 AM WTS | Lower Kingston 7:00-9:00 | 7 AM WTS V 8 AM WTS T 9 AM WTS | June 30 |
| 7 | July 1 | 7 AM WTS V 8 AM WTS T 9 AM WTS | Lower Kingston 7:00-9:00 | July 4 | July 5 | 7 AM WTS V 8 AM WTS T 9 AM WTS | July 7 |
| 6 | July 8 | 7 AM WTS V 8 AM WTS T 9 AM WTS | Lower Kingston 7:00-9:00 | 7 AM WTS V 8 AM WTS T 9 AM WTS | Lower Kingston 7:00-9:00 | 7 AM WTS V 8 AM WTS T 9 AM WTS | July 14 |
| 5 | July 15 | Camp Dodge Varsity & Soph | Camp Dodge Varsity & Soph | Camp Dodge Varsity & Soph | July 19 Recovery | July 20 Recovery | July 21 Recovery |
| 4 | July 22 | July 23 | July 24 | July 25 | July 26 | July 27 | July 28 |
| | Recovery | Recovery | Recovery | Recovery | Recovery | Recovery | Recovery |
| 3 | July 29 | July 30 FB Camp (9- 12) 3:00-5:00 Kingston | July 31 FB Camp 3:00-5:00 Kingston | Aug. 1 FB Camp 3:00-5:00 Kingston | Aug. 2 FB Camp 3:00-5:00 Kingston | Aug. 3 9:00 Equipment | Aug. 4 Recovery |
| 2 | Aug. 5 | Aug. 6 Jefferson 3:00 (MTG) 4:30-7:30 Practice | Aug. 7 Jefferson 3:00 (MTG) 4:30-7:30 Practice | Aug. 8 Jefferson 3:00 (MTG) 4:30-7:30 Practice | Aug. 9 Jefferson 3:00 (MTG) 4:30-7:30 Practice | Aug. 10 Kingston 3:00 (MTG) 4:30-7:30 Practice | Aug. 11 Pics @ 8:40 Film TBD |
| 1 | Aug. 12 3:00-6:00 Blitz Night Recovery | Aug. 13 Jefferson 3:30 6:00 | Aug. 14 Jefferson 3:30 6:00 | Aug. 15 Jefferson 3:00 6:01 | Aug. 16 Jefferson 3:30 6:00 | Aug. 17 Kingston Scrimmage 9/10 6:00 V 7:00 | Aug. 18 WR/Pool/Gym 7:00 AM Film @ 8:00 |

| Season | | | | | | | |
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| KEY | Recovery | Build It | Perfect | Competiton | Heavy Lift | Speed Agility | Film |
| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 0 | Aug. 19 Recovery | Aug. 20 Jefferson 3:30 | Aug. 21 Jefferson 3:30 | Aug. 22 Jefferson 3:30 | Aug. 23 @ Kennedy 4:30 PM Kennedy HS | Aug. 24 Jefferson 3:30 | Aug. 25 v. Kennedy (B) 9:00 AM Lower Kingston |
| 0 | Aug. 26 Recovery | Aug. 27 Jefferson 3:30 | Aug. 28 Jefferson 3:30 | Aug. 29 Jefferson 3:30 | Aug. 30 @ W. Dub 6:00 PM West Dubuque HS | Aug. 31 Jefferson 3:30 | Sept. 1 Recovery |
| 0 | Sept. 2 Recovery | Sept. 3 Jefferson 3:30 | Sept. 4 Jefferson 3:30 | Sept. 5 Jefferson 3:30 | Sept. 6 v. Linn-Mar 7:00 PM Kingston Stadium | Sept. 7 Jefferson 3:30 | Sept. 8 Recovery |
| 0 | Sept. 9 Recovery | Sept. 10 @ Linn-Mar (B) 6:00 PM Linn-Mar | Sept. 11 Jefferson 3:30 | Sept. 12 Jefferson 3:30 | Sept. 13 Jefferson 3:30 Team Dinner | Sept. 14 Jefferson 3:30 | Sept. 15 @ Wash 9:00 AM Kingston Stadium |
| 0 | Sept. 16 Recovery | Sept. 17 v. Wash. (B) 4:30 PM Lower Kingston | Sept. 18 Jefferson 3:30 | Sept. 19 Jefferson 3:30 Team Dinner | Sept. 20 Jefferson 3:30 | Sept. 21 Jefferson 3:30 | Sept. 22 @ Wat. West 9:00 AM Wat. West |
| 0 | Sept. 23 Recovery | Sept. 24 Jefferson 3:30 | Sept. 25 Jefferson 3:30 | Sept. 26 Jefferson 3:30 | Sept. 27 v. Cedar Falls 5:00 PM Kingston Stadium | Sept. 28 Jefferson 3:30 | Sept. 29 Recovery |
| 0 | Sept. 30 Recovery | Oct. 1 Jefferson 3:30 | Oct. 2 Jefferson 3:30 | Oct. 3 Jefferson 3:30 | Oct. 4 @ Praire 6:00 PM Prairie HS | Oct. 5 Jefferson 3:30 | Oct. 6 Recovery |
| 0 | Oct. 7 Recovery | Oct. 8 Jefferson 3:30 | Oct. 9 Jefferson 3:30 | Oct. 10 Jefferson 3:30 | Oct. 11 v Hempstead 4:30 PM Lower Kingston | Oct. 12 Jefferson 3:30 | Oct. 13 Recovery |
| 0 | Oct. 14 Recovery | Oct. 15 Jefferson 3:30 | Oct. 16 Jefferson 3:30 | Oct. 17 Jefferson 3:30 | Oct. 18 v. Senior 5:00 PM Kingston Stad. | Oct. 19 Jefferson TBD Equipment | Oct. 20 Oct. 20th |