May 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3	4
			Spring football 3:30-6	Spring football 3:30-6	Spring football 3:30-6	
5	6	7	8	9	10	11
	Spring football 3:30-6					
12	13	14	15	16	17	18
	Spring football 3:30-6					
19	20	21	22	23	24	25
		Dark Week	Dark Week			
	Dark Week	Finals	Finals	Dark Week	Dark Week	
26	27	28	29	30	31	
		Weight Room 4-6	Weight Room 7-9AM	Weight Room 7-9AM		
		D16	7 on 7 @ Tbird 6PM			
	Memorial Day	Day 1 Summer Wokouts				

NOTES

June 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
						1
2	3 Weight Room 4-6PM	4 Field Work 4-5:30 PM ACU 7s/Big man 4PM	5 Weight Room 7-9AM	6 Weight Room 7-9AM	7 ACU 7s/Big man 6PM (IF we win Tuesday)	8
9	10 Weight Room 4-6PM	11 Field Work 4-5:30 PM 7 on 7 @ Greenway 6pm	12 Weight Room 7-9AM	13 Weight Room 7-9AM ASU 7s/Big man 4:00PM	14	15
16	17 Weight Room 4-6PM	18 Field Work 4-5:30 PM	19 Weight Room 7-9AM 7 on 7 @ Ironwood 6PM	20 Weight Room 7-9AM	21	22
23	24 Weight Room 4-6PM	25 Field Work 4-5:30 PM	26 Weight Room 7-9AM	27 Weight Room 7-9AM	28	29
30						

NOTES

July 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4	5	6
	Dark Week	Dark Week	Dark Week	Dark Week	Dark Week	
7	8 Weight Room 4-6PM	9 Field Work 4-5:30 PM	10 Weight Room 7-9AM	11 Weight Room 7-9AM	12	13
14	15 Weight Room 4-6PM	16 Field Work 4-5:30 PM	17 Weight Room 7-9AM	18 Weight Room 7-9AM	19	20
21	22 Weight Room 4-6PM	23 Field Work 4-5:30 PM	24 Weight Room 7-9AM	25 Weight Room 7-9AM	26 Football Camp	27 Football Camp
28	29	30	31			
Football Camp	Varsity Equipment 3-4PM Varsity Weights 4-5PM JV Weights 3-4PM	Varsity Weights 3-4 PM JV Equipment 3-4PM JV Weights 4-5PM	Weight Room 7-9AM Frosh Equipment 3-4PM			

NOTES