

May 2022

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2 Spring Practice	3 Spring Practice	4 Spring Practice	5 Spring Practice	6	7 Jog o thon 7-8AM
8	9 Spring Practice	10 Spring Practice	11 Spring Practice	12 Spring Practice	13 Spring Practice	14
15	16 Spring Practice	17 Spring Practice	18 Spring Practice	19 Spring Practice	20 Spring Practice	21
22	23 Dark Week	24 Dark Week Finals	25 Dark Week Finals	26 Dark Week	27 Dark Week	28
29	30 Memorial Day	31 Weight room 4-6PM				

NOTES

June 2022

SUN	MON	TUES	WED	THURS	FRI	SAT
			1 Weight room 7-9AM 7 on 7 Wash 6PM	2 Weight room 7-9AM 7 on 7 @ Tbird 6PM Var and JV	3	4
5	6 Weight Room 4-6PM U of A 6PM-9PM Big Man 6PM-9PM	7 Field Work 4-5:30PM	8 Weight room 7-9AM 7 on 7 @ Wash 6PM	9 Weight room 7-9AM	10	11 NAU 7 on 7 - 11AM-8PM Big Man 1PM-5PM
12	13 Weight Room 4-6PM	14 Field Work 4-5:30PM 7 on 7 Horizon 6PM	15 Weight room 7-9AM	16 Weight room 7-9AM	17	18
19 Father's Day	20 Weight Room 4-6PM	21 Field Work 4-5:30PM 7 on 7 Chap 6PM	22 Weight room 7-9AM	23 Weight room 7-9AM 7 on 7 @ Tbird 6PM Var and JV	24	25
26	27 Weight Room 4-6PM	28 Field Work 4-5:30PM	29 Weight room 7-9AM	30 Weight room 7-9AM		

NOTES

July 2022

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

August 2022

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 Varsity Equipment 3-4PM Varsity Weights 4-5PM JV Weights 3-4PM	2 Varsity Weights 3-4PM JV Equipment 3-4PM JV Weights 4-5PM	3 Frosh Equipment 3-4PM	4	5	6
7 Techers back	8 Practice 3-6	9 Practice 3-6	10 Practice 3-6	11 Practice 3-6	12 Practice 3-6	13 Practice 8-10AM
14	15 Practice 3-6	16 Practice 3-6	17 Practice 3-6	18 Practice 3-6	19 Practice 3-6	20 Practice 8-10AM
21	22 Practice 3-6	23 Practice 3-6	24 Scrimmage @ Glendale	25 Practice 3-6	26 Practice 3-6	27 Practice 8-10AM
28	29 Practice 3-6	30 Practice 3-6	31 Practice 3-6			

NOTES