


July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 No Workouts 4th of July Vacation Week	2 (See note below re: vaca's)	3	4	5	6
						
7	8 Strength & Conditioning Incoming Fresh., Jrs. & Srs.: 8-10 am Soph.: 9-11 am	9 Strength & Conditioning Incoming Fresh., Jrs. & Srs.: 8-10 am Soph.: 9-11 am	10 Strength & Conditioning Incoming Fresh., Jrs. & Srs.: 8-10 am Soph.: 9-11 am	11 Strength & Conditioning Incoming Fresh., Jrs. & Srs.: 8-10 am Soph.: 9-11 am	12 OFF	13
14	15 Strength & Conditioning Incoming Fresh., Jrs. & Srs.: 8-10 am Soph.: 9-11 am	16 Strength & Conditioning Incoming Fresh., Jrs. & Srs.: 8-10 am Soph.: 9-11 am	17 Strength & Conditioning Incoming Fresh., Jrs. & Srs.: 8-10 am Soph.: 9-11 am	18 Strength & Conditioning Incoming Fresh., Jrs. & Srs.: 8-10 am Soph.: 9-11 am	19 OFF	20
21	22 Strength & Conditioning Incoming Fresh., Jrs. & Srs.: 8-10 am Soph.: 9-11 am	23 Strength & Conditioning Incoming Fresh., Jrs. & Srs.: 8-10 am Soph.: 9-11 am	24 Strength & Conditioning Incoming Fresh., Jrs. & Srs.: 8-10 am Soph.: 9-11 am	25 Strength & Conditioning Incoming Fresh., Jrs. & Srs.: 8-10 am Soph.: 9-11 am	26 OFF	27
28	29 Practice 8 -11 am	30 Practice 8 -11 am	31 Practice 8 -11 am			

August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Practice 8 -11 am	2 Practice 8 -11 am	3 Media Day 9AM-1PM
4	5 Practice 8 -11 am	6 1st Day for Teachers Practice Begins 2:30 - 5 pm	7 Practice 2:30 - 5 pm	8 Practice 2:30 - 5 pm	9 Practice 2:30 - 5 pm	10 1st Annual Golf Tourney The Quarry 8:30AM
11	12 Practice 2:30 - 5 pm	13 1st of school Day for Students Practice 2:30 - 5 pm	14 Practice 2:30 - 5 pm	15 Practice 2:30 - 5 pm	16 Kickoff Classic Cape Coral HS 7:30 pm	17
18	19 Practice 2:30 - 5 pm	20 Practice 2:30 - 5 pm	21 Practice 2:30 - 5 pm	22 Practice 2:30 - 5 pm	23 First Week: Bye	24
25	26 Practice 2:30 - 5 pm	27 Practice 2:30 - 5 pm	28 Practice 2:30 - 5 pm	29 Practice 2:30 - 5 pm	30 GAME NIGHT: Estero 7:30 pm	31

September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day School	3 No	4	5	6 GAME NIGHT: @Marathon 7:30 pm	7
8	9 Practice 2:30 - 5 pm	10 Practice 2:30 - 5 pm	11 Practice 2:30 - 5 pm	12 Practice 2:30 - 5 pm	13 GAME NIGHT: @ Palmetto Ridge 7:30 pm	14
15	16 Practice 2:30 - 5 pm	17 Practice 2:30 - 5 pm	18 Practice 2:30 - 5 pm	19 Practice 2:30 - 5 pm	20 GAME NIGHT: @ Gulf Coast 7:30 pm	21
22	23 Practice 2:30 - 5 pm	24 Practice 2:30 - 5 pm	25 Practice 2:30 - 5 pm	26 Practice 2:30 - 5 pm	27 GAME NIGHT: Bonita Springs 7:30 pm (HoCo)	28
29	30 Practice 2:30 - 5 pm					

October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 No School for Students (Players Off?)	4 GAME NIGHT: FCS (Miami) 7:30 pm	5
6	7 Practice 2:30 - 5 pm	8 Practice 2:30 - 5 pm	9 Practice 2:30 - 5 pm	10 Practice 2:30 - 5 pm	11 GAME NIGHT: @ Lely 7:30 pm	12
13	14 Practice 2:30 - 5 pm	15 Practice 2:30 - 5 pm	16 Practice 2:30 - 5 pm	17 Practice 2:30 - 5 pm	18 GAME NIGHT: Immokalee 7:30 pm	19
20	21 No School for Students Practice 2:30 - 5 pm??	22 Practice 2:30 - 5 pm	23 Practice 2:30 - 5 pm	24 Practice 2:30 - 5 pm	25 GAME NIGHT: @Barron Collier 7:30 pm	26
27	28 Practice 2:30 - 5 pm	29 Practice 2:30 - 5 pm	30 Practice 2:30 - 5 pm	31 Early Dismissal		

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 No School for Students GAME NIGHT: Southeast Bradenton 7 pm	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	30

December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	30	31				