

July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Down Week for 4th of July	2 Down Week for 4th of July	3 Down Week for 4th of July	4 Down Week for 4th of July	5 Down Week for 4th of July
6 Down Week for 4th of July	7	8 4 Man Workouts 4:30-6:30 (QB/RB/WR) 4 Man Workouts 6:30-8:00 (Off & Def Line)	9 Full Team Practice 4:30 PM - 7:30 PM	10 4 Man Workouts 4:30-6:30 (QB/RB/WR/TE) 4 Man Workouts 6:30-8:00 (LB/DBs)	11	12
13	14 Full Team Practice 4:30 PM - 7:30 PM	15 4 Man Workouts 4:30-6:30 (QB/RB/WR) 4 Man Workouts 6:30-8:00 (Off & Def Line)	16 Full Team Practice 4:30 PM - 7:30 PM	17 Goosepoop 7 on 7 Tournament	18	19
20	21 Full Team Practice 4:30 PM - 7:30 PM	22 4 Man Workouts 4:30-6:30 (QB/RB/WR) 4 Man Workouts 6:30-8:00 (Off & Def Line)	23 Full Team Practice 4:30 PM - 7:30 PM	24 4 Man Workouts 4:30-6:30 (QB/RB/WR/TE) 4 Man Workouts 6:30-8:00 (LB/DBs)	25	26
27	28 Full Team Practice 4:30 PM - 7:30 PM	29 Full Team Practice 4:30 PM - 7:30 PM	30 Full Team Practice 4:30 PM - 7:30 PM	31		

Weight Room Will Be Open Every Tuesday, Thursday, and Friday from 12:00 PM - 2:00 PM for Organized Workouts With The Exception of July 1, 3, 4, 17, & 31st. Weight Room availability is subject to change based on the availability of coaches to monitor the session.