

2025

CALENDAR YEAR

JULY

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------|--|---|---|---|-------------------|-------------------|
| 29 | 30 | 01 DEAD PERIOD | 02 DEAD PERIOD | 03 DEAD PERIOD | 04 DEAD PERIOD | 05 DEAD PERIOD |
| 06 DEAD PERIOD | 07 DEAD PERIOD | 08 DEAD PERIOD | 09 DEAD PERIOD | 10 DEAD PERIOD | 11 DEAD PERIOD | 12 DEAD PERIOD |
| 13 DEAD PERIOD | 14 WEIGHTS 3-4PM | 15 WEIGHTS 3-4PM PRACTICE 5-7:30PM | 16 WEIGHTS 3-4PM | 17 WEIGHTS 3-4PM PRACTICE 5-7:30PM | 18 OFF | 19 OFF |
| 20 OFF | 21 VARSITY EQUIP 1-3PM WEIGHTS 3-4PM | 22 JV EQUIPMENT 1-3PM PRACTICE 5-7:30PM | 23 FRESHMAN EQUIP 1-3PM WEIGHTS 3-4PM | 24 MAKE-UP EQUIP 1-3PM WEIGHTS 3-4PM PRACTICE 5-7:30PM | 25 OFF | 26 OFF |
| 27 OFF | 28 WEIGHTS 3-4PM TEAM MEETING 4-5PM | 29 <u>PRACTICE IN HELMETS</u> <u>5:30-8PM</u> | 30 <u>PRACTICE IN HELMETS</u> <u>5:30-8PM</u> | 31 <u>PRACTICE IN HELMETS</u> <u>5:30-8PM</u> | 01 | 02 |
| 03 | 04 | 05 | 06 | 07 | 08 | 09 |