

# August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 CONDITIONING 5-7:30PM	2 CONDITIONING 5-7:30PM	3 CONDITIONING 10AM-NOON
4 OFF	5 WEIGHT ROOM 3:30-4:30PM PRACTICE 5:30-8PM	6 WEIGHT ROOM 3:30-4:30PM PRACTICE 5:30-8PM	7 WEIGHT ROOM 3:30-4:30PM PRACTICE 5:30-8PM	8 WEIGHT ROOM 3:30-4:30PM PRACTICE 5:30-8PM	9 PRACTICE 5-7PM	10 PRACTICE 9-11AM TEAM BBQ 11:30AM
11 OFF	12 WEIGHT ROOM 3-4PM, FILMS 4:10-4:45PM, PRACTICE 5:30-7:30PM	13 FIRST DAY OF SCHOOL PICTURE DAY 4-6PM	14 PRACTICE 5-8PM	15 SCRIMMAGE TBD	16 FILMS 5 <sup>TH</sup> AND 6 <sup>TH</sup> PERIOD PRACTICE 4-5:30PM	17 OFF
18 OFF	19 FILMS 3:40-4:15 PRACTICE 5:30-8PM	20 FILMS 3:40-4:15 PRACTICE 5:30-8PM	21 PRACTICE 5-7:30PM	22 FRESHMAN GAME AT HILLCREST 4PM JV GAME AT HILLCREST 6PM	23 VARSITY GAME VS HILLCREST 7PM	24 OFF
25 OFF	26 FILMS 3:40-4:15 PRACTICE 5:30-8PM	27 FILMS 3:40-4:15 PRACTICE 5:30-8PM	28 PRACTICE 5-7:30PM	29 JV GAME AT BLOOMINGTON 4PM FRESHMAN GAME TBD	30 VARSITY GAME VS BLOOMINGTON 7PM	31 OFF

