



## **2023 North Central HS & JH Eagle Football Calendar** **Keep The Friday Night Lights Burning Bright! STAY HUNGRY!**



**Academic Eligibility For Football In 2023:** 4th quarter grades are important. Taking 6 course units, passing 5 credits, at least minimum of 1.75 GPA, HS (No Fs) & JH (No more than 1 F). OHSAA Exception: all incoming 7<sup>th</sup> graders are academically for 1<sup>st</sup> quarter fall sports.

**April 25 – May 31, 2023 Football High Intensity Training - Strength & Quickness:** Tuesdays, Wednesdays & Thursdays - Spring Football Strength Training, Foot Quickness, & Agility Improvement. Morning session from 6:30 AM to 7:45 AM (Available for players not participating in a spring sport and those who are participating in a spring sport with the spring sport head coach's approval) in Weight Room. Wednesday 7 on 7 Passing Individual Instruction Skills Session from 6:00 AM to 6:30 AM in JH Gym (7 skill players max). Get Bigger, Faster & Stronger! Get Ready To Raise The Bar! Our Greatest Opponents Are Apathy & Complacency. **Seniors, the 2023 football season will be YOUR SEASON. Make it a great season. Lead by example now.**

**June & July Football Strength, Conditioning & Skills in 2023:** Tuesdays, Wednesdays and Thursdays @ 6:30 AM – 8:30 AM. Tuesday & Thursday: Football High Intensity Training - Strength Training, Conditioning, Foot Quickness, Agility & QB & Receiver Individual Instruction Skills (7 participants max per session). Wednesday: Strength (Shoulders, Abs, Lower Back), Plyos (power), Speed Improvement & 7 On 7 Preparation Passing & Run Option Skills. Morning Lifting & Conditioning: @ 6:30 AM - 7:45 AM. Football Individual Instruction Skills: @ 7:45 AM – 8:30 AM (45 mins.) -7 skill players max. on T & TH & all skill players on Wed.: Passing, Receiving, Opt. Pitches, Punt, Kick, F.G./Extra Pt. Keep The Friday Night Lights Burning Bright!

**War Eagle Football Strength & Performance Test Days:** *Thurs., May 18, Thurs. June 15th, & Thurs., July 13<sup>th</sup>.* Testing Strength (1 Rep Max Bench, Squat, Dead Lift), Speed (40 yd. Dash), Agility (T-Shuttle) & Leg Power (Standing Long Jump).

**July, 2023: 7 On 7 Passing Competition:** Thurs., July 13, 4:00 PM at Hilltop HS

**Sat., July 8<sup>th</sup>: Pioneer Day In The Park, Bike Give-away, Let Your Light Shine CCM Concert & Fireworks at NC FB Stadium.** NCHS FB Team Community Service & Fundraiser Concession Stand From 5:30 PM to 11:00 PM. Volunteers help during shifts in concession stand.

**Monday, July 17<sup>th</sup> thru Friday, July 21<sup>st</sup>, 2023– NC Eagle Football OHSAA Acclimatization Workout Days:**  
Time - 7:45 AM – 8:45 AM – 2 days helmets only, 2 days helmets & shoulder pads and 1 day full equipment (note: all days no contact).

**Monday, July 24<sup>th</sup> thru Friday, July 28<sup>th</sup>, 2023– NC Eagle Football Skills Camps:**  
NCHS Eagles Football Skills Camp: 9th - 12th Graders. Time: 6:30 am – 8:30 am.  
NCJH Eagles Football Skills Camp: 5th - 8th Graders. Time: 3:30 pm – 5:00 pm.

**August Mandatory 2-A-Day Practices:** NCHS Eagles Football Mandatory 2-A-Day Practices - 9th Thru 12th Grades.

Monday, July 31<sup>st</sup> thru Saturday, August 12<sup>th</sup>, 2023 from 8:30am – 2:30pm.

Eagles Football Mandatory 2-A-Day Practice Sessions For 9th - 12th Graders: First Practice Session @ 8:30 AM - 10:45 AM, Lunch Rest Break @ 10:45 AM - 12:15 AM, Second Practice Session @ 12:15 PM - 2:30 PM, Monday thru Saturday.

**August Mandatory 1-A-Day Practices:** NCJH Eagles Football Mandatory 1-A-Day Practices - 7th & 8th Grades.

Practice Session @ 3:30 PM – 5:30 PM, Monday thru Friday, Mon., July 31<sup>st</sup> thru Sat., Aug. 12<sup>th</sup>, 2023.

**Senior Leadership Campout @ River's Edge Camping Resort: Saturday, Aug. 5<sup>th</sup> to Sunday, Aug. 6<sup>th</sup>, 2023 –** Camping, recreation, relaxation, leadership retreat, entertainment and grilled meals for seniors & football staff!

**Eagles Football Punt, Pass & Kick Off Competition- Boys & Girls Ages 6-13, 6:00 PM, Thurs., Aug. 10, 2023 & on game field.**

**August Through October Game Week Practices:** NCHS Eagles Football Mandatory Game Week Practices: 9 - 12 Grades.

Monday, August 14 thru Saturday, October 21, 2023 from 3:00pm – 5:15pm.

Eagles Football Mandatory Game Week Practice Sessions For 9th - 12th Graders, Monday thru Saturday.

**August Thru October Game Week Practices:** NCJH Eagles Football Mandatory Game Week Practices - 7th & 8th Grades.

Monday, August 14 thru Wednesday, October 18, 2023 from 3:30pm – 5:30pm (Tentative).

Eagles Football Mandatory Game Week Practice Sessions For 7th & 8th Graders, Monday thru Friday.

**NCHS Football Scrimmages: NCHS – 8/5/23 North Baltimore (H) 10:00 AM & 8/11/23 Paulding (A) 6:00 PM.**