

BA VARSITY FOOTBALL DATES TO REMEMBER

- **March 9 – SPED Field Day @ BAFA**
- **March 25 – Spring Prep “A” Begins**
- **April 1 – Registration for Ambush Opens**
- **April 15 – Spring Prep “B” Begins**
- **April 29 – Spring Simulation Begins**
- **May 1 – Physicals 5:30 pm**
- **May 13 – Spring Practice #1 (Shuttle to Nienhuis)**
- **May 13 – Gold Card Kickoff**
- **May 18 – (Saturday) Spring Practice #5**
- **May 21 – Last Day of School + Spring Practice #7**
- **May 24-27 – Memorial Day Weekend OFF**
- **May 28 – Spring Practice #10**
- **May 28 – Gold Card Blitz Day/Wrap-Up**
- **May 29 – Morning Team Camp (Moore, Mustang, Bishop McGuinness, Newcastle) @ Newcastle HS**
- **May 30 – Morning Team Camp @ Newcastle HS**
- **May 31 - Morning Team Camp @ Newcastle HS + Overnight stay in OKC area**
- **May 31 – Ambush Payment Due**
- **June 1 – SPRING GAME @ Newcastle HS (vs Mustang, Moore, or 2 half games vs both)**
- **June 3 – Ambush Begins**
- **June 10 – Passing League, 1 PM @ Bixby**
- **June 15 – (2-3 teams) 7on7 Tourney @ OSU**
- **June 17 – Passing League, 1 PM @ Union**
- **June 24 – Passing League, 1 PM @ Jenks**
- **June 25 – BA Football Pool Day**
- **June 29-July 7 – DEAD PERIOD – No Football**
- **July 8 – Passing League, 1 PM @ Owasso**
- **July 12 – (1 team) 7on7 Tourney @ Shiloh Christian**
- **July 13 – Tulsa Oilers Indoor Football Game**

APRIL 2024

SECONDARY FUNDRAISER OPPORTUNITY: BUNDT CAKES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 <i>Spring Prep A:</i> 25 min pre-lift OFF – Mon, Thu DEF – Tue, Fri Comp/Acad - Wed	1 **AMBUSH REGISTRATION NOW OPEN**	2	3	4	5 DL DAY FULL TEAM Stretch @ 2:15	6
7 <i>Spring Prep A:</i> 25 min pre-lift OFF – Tue, Thu DEF – Wed, Fri	8 NO SCHOOL/NO FOOTBALL	9	10	11	12	13
14 <i>Spring Prep B:</i> 1:55 Vars stretch 15 min Vars Inay/Group 2:10 Soph stretch 2:15 Team 2:30 Soph Inay/Group	15	16	17	18	19	20
21 <i>Spring Prep B:</i> 35 min pre-lift OFF – Mon, Thu DEF – Tue, Fri Comp/Acad - Wed	22	23	24	25	26	27
28 <i>Spring Sim Week 1:</i> Practice Simulation No pads/No equip/Lift After	29 SPRING SIM	30 SPRING SIM	1 SPRING SIM	2 SPRING SIM	3 SPRING SIM	4

MAY 2024

PRIMARY FUNDRAISER: Gold Card

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 <i>Spring Sim Week 1:</i> Practice Simulation No pads/No equip/Lift After	29 SPRING SIM	30 SPRING SIM	1 *Physicals 5:30 SPRING SIM	2 SPRING SIM	3 DL DAY FOOTBALL @NORMAL TIMES SPRING SIM	4 Feed My Starving Children @ Anthem 10-Noon
5 <i>Spring Sim Week 2:</i> Practice Simulation No pads/No equip/Lift After	6 SPRING SIM	7 SPRING SIM	8 SPRING SIM	9 SPRING SIM	10 SPRING SIM	11 *Do NOT MISS Practice for Freshman Bash!
12	#1 13 SPRING PRACT @ NIENHUIS Team Meeting Varsity Gold Card Kickoff	14 *Graduation LIFT/MEETINGS ONLY	#2 15 SPRING PRACTICE	#3 16 SPRING PRACTICE	#4 17 SPRING PRACTICE	#5 18 SPRING PRACTICE
19	#6 20 SPRING PRACTICE	#7 21 SPRING PRACTICE *LAST DAY OF SCHOOL	#8 22 SPRING PRACTICE 9 am	#9 23 SPRING PRACTICE 9 am	24	25
26	27 Memorial Day	#10 28 SPRING PRACTICE 9 am 7 th /8 th /9 th Team Camp 2-4 pm @ BA Varsity Gold Card Blitz 11:30-2pm/5-6 PM - Indoor	29 TEAM CAMP NEWCASTLE HS 9-11:30am 7 th /8 th /9 th Team Camp 2-5 pm @Union	30 TEAM CAMP NEWCASTLE HS 9-11:30am 7 th /8 th /9 th Team Camp 2-5 pm @Union	31 TEAM CAMP NEWCASTLE HS 9-11:30am **AMBUSH REGISTRATION AND PAYMENT DUE**	1 TEAM CAMP GAME @ NEWCASTLE HS

JUNE 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 BAYFA FITTING DAY
2 VARSITY AMBUSH JUNIOR AMBUSH	3 10/11/12 - 7:00 AM 7/8/9 - 9:00 AM	4 10/11/12 - 7:00 AM 7/8/9 - 9:00 AM	5 10/11/12 - 7:00 AM 7/8/9 - 9:00 AM	6 10/11/12 - 7:00 AM 7/8/9 - 9:00 AM	7 Recovery Workout	8
9 VARSITY AMBUSH JUNIOR AMBUSH YOUTH AMBUSH	10 10/11/12 - 7:00 AM 7/8/9 - 9:00 AM K-6 - NOON PASSING LEAGUE @ Bixby Noon/1pm	11 10/11/12 - 7:00 AM 7/8/9 - 9:00 AM K-6 - NOON	12 10/11/12 - 7:00 AM 7/8/9 - 9:00 AM K-6 - NOON	13 10/11/12 - 7:00 AM 7/8/9 - 9:00 AM K-6 - NOON	14 Recovery Workout	15 OSU 7V7 TOURNEY
16 VARSITY AMBUSH JUNIOR AMBUSH YOUTH AMBUSH	17 10/11/12 - 7:00 AM 7/8/9 - 9:00 AM K-6 - NOON 8 th Pass League @ Noon PASSING LEAGUE @ Union Noon/1pm	18 10/11/12 - 7:00 AM 7/8/9 - 9:00 AM K-6 - NOON	19 10/11/12 - 7:00 AM 7/8/9 - 9:00 AM K-6 - NOON	20 10/11/12 - 7:00 AM 7/8/9 - 9:00 AM K-6 - NOON	21 Recovery Workout	22
23 VARSITY AMBUSH JUNIOR AMBUSH YOUTH AMBUSH	24 10/11/12 - 7:00 AM 7/8/9 - 9:00 AM K-6 - NOON 8 th Pass League @ Noon PASSING LEAGUE @ Jenks Noon/1pm	25 BA FB Pool Day	26 10/11/12 - 7:00 AM 7/8/9 - 9:00 AM K-6 - NOON	27 10/11/12 - 7:00 AM 7/8/9 - 9:00 AM K-6 - NOON	28 Recovery Workout	29 DEAD PERIOD

JULY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 DEAD PERIOD	1 DEAD PERIOD	2 DEAD PERIOD	3 DEAD PERIOD	4 DEAD PERIOD	5 DEAD PERIOD	6 DEAD PERIOD
7 DEAD VARSITY AMBUSH JUNIOR AMBUSH YOUTH AMBUSH	8 10/11/12 - 7:00 AM 7/8/9 - 9:00 AM K-6 - NOON PASSING LEAGUE @ Owasso Noon/1pm	9 <i>8th/9th Team Camp (Nienhuis)</i> 10/11/12 - 7:00 AM 7/8/9 - 9:00 AM K-6 - NOON YOUTH COMBINE/CAMP (1 st -3 rd) 6:00-7:30 PM (4 th -6 th) 7:30-9:00 PM	10 <i>8th/9th Team Camp (Nienhuis)</i> 10/11/12 - 7:00 AM 7/8/9 - 9:00 AM K-6 - NOON YOUTH COMBINE/CAMP (1 st -3 rd) 6:00-7:30 PM (4 th -6 th) 7:30-9:00 PM	11 10/11/12 - 7:00 AM 7/8/9 - 9:00 AM K-6 - NOON YOUTH COMBINE/CAMP (7th) 6:00-9:00 PM	12 Recovery Workout Varsity 7on7 @Shiloh Depart 6:30 am	13 <i>Tulsa Oilers Indoor Football Game</i>
14 VARSITY AMBUSH JUNIOR AMBUSH YOUTH AMBUSH	15 10/11/12 - 7:00 AM 7/8/9 - 9:00 AM K-6 - NOON PASSING LEAGUE @ BA	16 NO FOOTBALL ACTIVITIES	17 10/11/12 - 7:00 AM 7/8/9 - 9:00 AM K-6 - NOON	18 10/11/12 - 7:00 AM 7/8/9 - 9:00 AM K-6 - NOON	19 10/11/12 - 7:00 AM 7/8/9 - 9:00 AM	20
21 VARSITY AMBUSH JUNIOR AMBUSH	22 10/11/12 - 7:00 AM 7/8/9 - 9:00 AM	23 10/11/12 - 7:00 AM 7/8/9 - 9:00 AM	24 10/11/12 - 7:00 AM 7/8/9 - 9:00 AM	25 10/11/12 - 7:00 AM 7/8/9 - 9:00 AM	26 Recovery Workout	27
28 VARSITY AMBUSH JUNIOR AMBUSH	29 10/11/12 - 7:00 AM 7/8/9 - 9:00 AM	30 10/11/12 - 7:00 AM 7/8/9 - 9:00 AM	31 10/11/12 - 7:00 AM 7/8/9 - 9:00 AM	1 10/11/12 - 7:00 AM 7/8/9 - 9:00 AM	2 Recovery Workout Senior Float	3