

# February

**Spring Sports - PLAY or LIFT**

**No Shoes - No Cleats - No Service**

**BE ON TIME**

**2025**

| Sunday | Monday                                | Tuesday                                              | Wednesday                                                                                        | Thursday                            | Friday | Saturday |
|--------|---------------------------------------|------------------------------------------------------|--------------------------------------------------------------------------------------------------|-------------------------------------|--------|----------|
|        |                                       |                                                      |                                                                                                  |                                     |        | 1        |
| 2      | 3                                     | 4                                                    | 5                                                                                                | 6                                   | 7      | 8        |
| 9      | 10<br>No School                       | 11<br>Main Gym<br>7:00 am – 8:15<br><br><b>DAY 1</b> | 12<br>Practice Fields<br>4:15 pm – 5:15 – Agility<br>5:30 – 7:00 – Pass<br>Pro/Pass Game         | 13<br>Main Gym<br>7:00 am – 8:15 am | 14     | 15       |
| 16     | 17<br>No School                       | 18<br>Main Gym<br>7:00 am – 8:15                     | 19<br>Practice Fields<br>4:15 pm – 5:15 – Agility<br><b>5:30 – 7:00 – Pass<br/>Pro/Pass Game</b> | 20<br>Main Gym<br>7:00 am – 8:15 am | 21     | 22       |
| 23     | 24<br>Weight room<br>Shoes and Cleats | 25<br>Main Gym<br>7:00 am – 8:15                     | 26<br>Practice Fields<br>4:15 pm – 5:30                                                          | 27<br>Main Gym<br>7:00 am – 8:15 am | 28     |          |

# March

## 2025

| Sunday | Monday                                | Tuesday                             | Wednesday                                                                         | Thursday                               | Friday    | Saturday |
|--------|---------------------------------------|-------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------|-----------|----------|
| 2      | 3<br>Weight room<br>Shoes and Cleats  | 4<br>Main Gym<br>7:00 am – 8:15     | 5<br>Practice Fields<br>4:15 pm – 5:15 – Agility<br>5:30 – 7:00 – Classroom       | 6<br>Main Gym<br>7:00 am – 8:15 am     | 7         | 8        |
| 9      | 10                                    | 11<br>OFF                           | 12<br>OFF                                                                         | 13<br>OFF                              | 14<br>OFF | 15       |
| 16     | 17<br>Weight room<br>Shoes and Cleats | 18<br>Weight Room<br>7:00 am – 8:15 | 19<br>Practice Fields<br>4:15 pm – 5:15 – Agility<br>5:30 – 7:00 – weight<br>room | 20<br>Weight Room<br>7:00 am – 8:15 am | 21        | 22       |
| 23     | 24<br>Weight room<br>Shoes and Cleats | 25<br>Weight Room<br>7:00 am – 8:15 | 26<br>Practice Fields<br>4:15 pm – 5:15 – Agility<br>5:30 – 7:00 – weight<br>room | 27<br>Weight Room<br>7:00 am – 8:15 am | 28        | 29       |
| 30     | 31                                    |                                     |                                                                                   |                                        |           |          |

# April

## 2025

| Sunday | Monday                                | Tuesday                             | Wednesday                                                                                               | Thursday                               | Friday | Saturday |
|--------|---------------------------------------|-------------------------------------|---------------------------------------------------------------------------------------------------------|----------------------------------------|--------|----------|
|        |                                       | 1<br>q                              | 2<br>Practice Fields<br>4:15 pm – 5:15 – Agility<br>5:30 – 7:00 – Passing<br>Game / Line Skills - Field | 3<br>Weight Room<br>7:00 am – 8:15 am  | 4      | 5        |
| 6      | 7<br>Weight room<br>Shoes and Cleats  | 8<br>Weight Room<br>7:00 am – 8:15  | 9<br>Practice Fields<br>4:15 pm – 5:15 – Agility<br>5:30 – 7:00 – weight<br>room                        | 10<br>Weight Room<br>7:00 am – 8:15 am | 11     | 12       |
| 13     | 14<br>Weight room<br>Shoes and Cleats | 15<br>Weight Room<br>7:00 am – 8:15 | 16<br>Practice Fields<br>4:15 pm – 5:15 – Agility<br>5:30 – 7:00 – Passing<br>Game                      | 17<br>Weight Room<br>7:00 am – 8:15 am | 18     | 19       |
| 20     | 21<br><b>OFF- No School</b>           | 22<br>Weight Room<br>7:00 am – 8:15 | 23<br>Practice Fields<br>4:15 pm – 5:15 – Agility<br>5:30 – 7:00 – weight<br>room                       | 24<br>Weight Room<br>7:00 am – 8:15 am | 25     | 26       |
| 27     | 28<br>Weight room<br>Shoes and Cleats | 29<br>Weight Room<br>7:00 am – 8:15 | 30<br>Practice Fields<br>4:15 pm – 5:15 – Agility<br>5:30 – 7:00 – weight<br>room                       | 1<br>Weight Room<br>7:00 am – 8:15 am  |        |          |
|        |                                       |                                     |                                                                                                         |                                        |        |          |

# May

SPRING FOOTBALL PRACTICE BEGINS 5/5 – 5/22

2025

| Sunday                                              | Monday                                       | Tuesday                                    | Wednesday                                  | Thursday                                   | Friday | Saturday |
|-----------------------------------------------------|----------------------------------------------|--------------------------------------------|--------------------------------------------|--------------------------------------------|--------|----------|
|                                                     |                                              |                                            |                                            | 1                                          | 2      | 3        |
| 4<br>Football Try outs<br>(If needed)<br>5/5 – 5/ 8 | 5<br>Try out<br>Practice / WR<br>2:45 - 5:30 | 6<br>Try out<br>Practice<br>5:30 – 7:00 pm | 7<br>Try out<br>Practice<br>5:30 – 7:00 pm | 8<br>Try out<br>Practice<br>5:30 – 7:00 pm | 9      | 10       |
| 11<br>ROSTERS POSTED                                | 12<br>Practice / WR<br>2:45 – 5:30 pm        | 13<br>Practice 5:30 – 7:00 pm              | 14<br>Practice 5:30 – 7:00 pm              | 15<br>Practice 5:30 – 7:00 pm              | 16     | 17       |
| 18                                                  | 19<br>Practice / WR<br>2:45 – 5:30 pm        | 20<br>Practice 5:30 – 7:00 pm              | 21<br>Practice 5:30 – 7:00 pm              | 22<br>Practice 5:30 – 7:00 pm              | 23     | 24       |
| 25                                                  | 26                                           | 27                                         | 28                                         | 29                                         | 30     | 31       |
|                                                     |                                              |                                            |                                            |                                            |        |          |

# June

2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| 1      | 2      | 3       | 4         | 5        | 6      | 7        |
| 8      | 9      | 10      | 11        | 12       | 13     | 14       |
| 15     | 16     | 17      | 18        | 19       | 20     | 21       |
| 22     | 23     | 24      | 25        | 26       | 27     | 28       |
| 29     | 30     |         |           |          |        |          |
|        |        |         |           |          |        |          |

July

2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
|        |        | 1       | 2         | 3        | 4      | 5        |
| 6      | 7      | 8       | 9         | 10       | 11     | 12       |
| 13     | 14     | 15      | 16        | 17       | 18     | 19       |
| 20     | 21     | 22      | 23        | 24       | 25     | 26       |
| 27     | 28     | 29      | 30        | 31       |        |          |
|        |        |         |           |          |        |          |

# August

2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
|        |        |         |           |          | 1      | 2        |
| 3      | 4      | 5       | 6         | 7        | 8      | 9        |
| 10     | 11     | 12      | 13        | 14       | 15     | 16       |
| 17     | 18     | 19      | 20        | 21       | 22     | 23       |
| 24     | 25     | 26      | 27        | 28       | 29     | 30       |
| 31     |        |         |           |          |        |          |

# September

2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
|        | 1      | 2       | 3         | 4        | 5      | 6        |
| 7      | 8      | 9       | 10        | 11       | 12     | 13       |
| 14     | 15     | 16      | 17        | 18       | 19     | 20       |
| 21     | 22     | 23      | 24        | 25       | 26     | 27       |
| 28     | 29     | 30      |           |          |        |          |
|        |        |         |           |          |        |          |

# October

2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
|        |        |         | 1         | 2        | 3      | 4        |
| 5      | 6      | 7       | 8         | 9        | 10     | 11       |
| 12     | 13     | 14      | 15        | 16       | 17     | 18       |
| 19     | 20     | 21      | 22        | 23       | 24     | 25       |
| 26     | 27     | 28      | 29        | 30       | 31     |          |
|        |        |         |           |          |        |          |

# November

2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
|        |        |         |           |          |        | 1        |
| 2      | 3      | 4       | 5         | 6        | 7      | 8        |
| 9      | 10     | 11      | 12        | 13       | 14     | 15       |
| 16     | 17     | 18      | 19        | 20       | 21     | 22       |
| 23     | 24     | 25      | 26        | 27       | 28     | 29       |
| 30     |        |         |           |          |        |          |

# December

**2025**

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
|        | 1      | 2       | 3         | 4        | 5      | 6        |
| 7      | 8      | 9       | 10        | 11       | 12     | 13       |
| 14     | 15     | 16      | 17        | 18       | 19     | 20       |
| 21     | 22     | 23      | 24        | 25       | 26     | 27       |
| 28     | 29     | 30      | 31        |          |        |          |
|        |        |         |           |          |        |          |