

# January

Opportunity Period – Voluntary Workouts

2026

| Sunday | Monday                  | Tuesday                          | Wednesday            | Thursday                            | Friday                   | Saturday |
|--------|-------------------------|----------------------------------|----------------------|-------------------------------------|--------------------------|----------|
|        |                         |                                  |                      | 1                                   | 2                        | 3        |
| 4      | 5<br>WR – 3:00-5:00 pm  | 6<br>Main Gym<br>7:00 am – 8:15  | 7<br>WR 4:00 – 6:00  | 8<br>Main Gym<br>7:00 am – 8:15 am  | 9<br>WR: 4:00 – 6:00 pm  | 10       |
| 11     | 12<br>WR – 3:00-5:00 pm | 13<br>Main Gym<br>7:00 am – 8:15 | 14<br>WR 4:00 – 6:00 | 15<br>Main Gym<br>7:00 am – 8:15 am | 16<br>WR: 4:00 – 6:00 pm | 17       |
| 18     | 19<br>WR – 3:00-5:00 pm | 20<br>Main Gym<br>7:00 am – 8:15 | 21<br>WR 4:00 – 6:00 | 22<br>Main Gym<br>7:00 am – 8:15 am | 23<br>WR: 4:00 – 6:00 pm | 24       |
| 25     | 26<br>WR – 3:00-5:00 pm | 27<br>Main Gym<br>7:00 am – 8:15 | 28<br>WR 4:00 – 6:00 | 29<br>Main Gym<br>7:00 am – 8:15 am | 30<br>WR: 4:00 – 6:00 pm | 31       |

# February-

## SPRING FOOTBALL SEASON

**PLAY or LIFT-** We expect all non-Spring Sport athletes to be training with the football team , Monday- Thursday. Friday Weight Room will be optional in the Spring offseason. All spring athletes are welcome to join us for Tuesday and Thursday morning flexibility, mobility, and speed trainings from 7:00 – 8:15 am

# 2026

| Sunday | Monday                  | Tuesday                                                                       | Wednesday               | Thursday                                                                  | Friday                                 | Saturday |
|--------|-------------------------|-------------------------------------------------------------------------------|-------------------------|---------------------------------------------------------------------------|----------------------------------------|----------|
| 1      | 2                       | 3                                                                             | 4                       | 5                                                                         | 6                                      | 7        |
| 8      | 9<br>No School          | 10<br>Main Gym<br>Start@ 7:00 am – 8:15<br>WR/Skills – 4-6 pm<br><b>DAY 1</b> | 11<br>WR 4:00 -6:00 pm  | 12<br>Main Gym<br>7:00 am – 8:15 am<br>WR/Skills - 4-6 pm<br><b>Day 2</b> | 13<br>WR: 4:00 – 6:00 pm –<br>Optional | 14       |
| 15     | 16<br>No School         | 17<br>Main Gym<br>7:00 am – 8:15 am<br>WR/Skills 4-6 pm<br><b>DAY 3</b>       | 18<br>WR 4:00 – 6:00 pm | 19<br>Main Gym<br>7:00 am – 8:15 am<br>WR/Skills 4-6 pm<br><b>Day 4</b>   | 20<br>WR: 4:00 – 6:00 pm –<br>Optional | 21       |
| 22     | 23<br>WR – 3:00-5:00 pm | 24<br>Main Gym<br>7:00 am – 8:15 am<br>WR/Skills 4-6 pm<br><b>DAY 5</b>       | 25<br>WR 4:00 – 6:00    | 26<br>Main Gym<br>7:00 am – 8:15 am<br>WR/Skills 4- 6 pm<br><b>Day 6</b>  | 27<br>WR: 4:00 – 6:00 pm –<br>optional | 28       |
|        |                         |                                                                               |                         |                                                                           |                                        |          |

# March

## 2026

| Sunday | Monday                  | Tuesday                                                  | Wednesday            | Thursday                                                 | Friday                                 | Saturday |
|--------|-------------------------|----------------------------------------------------------|----------------------|----------------------------------------------------------|----------------------------------------|----------|
| 1      | 2<br>WR – 3:00-5:00 pm  | 3<br>Main Gym<br>7:00 am – 8:15<br><br><b>DAY 7</b>      | 4<br>WR 4:00 – 6:00  | 5<br>Main Gym<br>7:00 am – 8:15 am<br><br><b>Day 8</b>   | 6<br>WR: 4:00 – 6:00 pm<br>Optional    | 7        |
| 8      | 9<br>Off                | 10<br>Off                                                | 11<br>Off            | 12<br>Off                                                | 13<br>Off                              | 14       |
| 15     | 16<br>WR – 3:00-5:00 pm | 17<br>Main Gym<br>7:00 am – 8:15 am<br><br><b>DAY 9</b>  | 18<br>WR 4:00 – 6:00 | 19<br>Main Gym<br>7:00 am – 8:15 am<br><br><b>Day 10</b> | 20<br>WR: 4:00 – 6:00 pm<br>Optional   | 21       |
| 22     | 23<br>WR – 3:00-5:00 pm | 24<br>Main Gym<br>7:00 am – 8:15 am<br><br><b>DAY 11</b> | 25<br>WR 4:00 – 6:00 | 26<br>Main Gym<br>7:00 am – 8:15 am<br><br><b>Day 12</b> | 27<br>WR: 4:00 – 6:00 pm –<br>Optional | 28       |
| 29     | 30<br>WR – 3:00-5:00 pm | 31<br>Main Gym<br>7:00 am – 8:15 am<br><br><b>DAY 13</b> |                      |                                                          |                                        |          |
|        |                         |                                                          |                      |                                                          |                                        |          |

# April

## 2026

| Sunday | Monday                  | Tuesday                                        | Wednesday            | Thursday                                                  | Friday                   | Saturday |
|--------|-------------------------|------------------------------------------------|----------------------|-----------------------------------------------------------|--------------------------|----------|
|        |                         |                                                | 1<br>WR 4:00 – 6:00  | 2<br>Main Gym<br>7:00 am – 8:15 am<br><br>Day 14          | 3<br>OFF                 | 4        |
| 5      | 6<br>OFF                | 7<br>Main Gym<br>7:00 am – 8:15<br><br>DAY 15  | 8<br>WR 4:00 – 6:00  | 9<br>Main Gym<br>7:00 am – 8:15 am<br><br>Day 16          | 10<br>WR: 4:00 – 6:00 pm | 11       |
| 12     | 13<br>WR – 3:00-5:00 pm | 14<br>Main Gym<br>7:00 am – 8:15<br><br>DAY 17 | 15<br>WR 4:00 – 6:00 | 16<br>Main Gym<br>7:00 am – 8:15 am<br><br>Day 18         | 17<br>WR: 4:00 – 6:00 pm | 18       |
| 19     | 20<br>WR – 3:00-5:00 pm | 21<br>Main Gym<br>7:00 am – 8:15<br><br>DAY 10 | 22<br>WR 4:00 – 6:00 | 23<br>Main Gym<br>7:00 am – 8:15 am<br><br>Day 20         | 24<br>WR: 4:00 – 6:00 pm | 25       |
| 26     | 27<br>WR – 3:00-5:00 pm | 28<br>Main Gym<br>7:00 am – 8:15<br><br>DAY 21 | 29<br>WR 4:00 – 6:00 | 30<br>Main Gym<br>7:00 am – 8:15 am<br><br>80 % Breakfast | WR: 4:00 – 6:00 pm       |          |
|        |                         |                                                |                      |                                                           |                          |          |

# May- Spring Practice Begins

# 2026

| Sunday | Monday                                       | Tuesday                              | Wednesday                            | Thursday                             | Friday | Saturday |
|--------|----------------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------|----------|
|        |                                              |                                      |                                      |                                      | 1      | 2        |
| 3      | 4<br>WR 3-4:30<br>Spring Practice<br>5-7 pm  | 5<br>WR 4:00 – 5:00<br>Practice 5-7  | 6<br>WR 4:00 – 5:00<br>Practice 5-7  | 7<br>WR 4:00 – 5:00<br>Practice 5-7  | 8      | 9        |
| 10     | 11<br>WR 3-4:30<br>Spring Practice<br>5-7 pm | 12<br>WR 4:00 – 5:00<br>Practice 5-7 | 13<br>WR 4:00 – 5:00<br>Practice 5-7 | 14<br>WR 4:00 – 5:00<br>Practice 5-7 | 15     | 16       |
| 17     | 18<br>WR 3-4:30<br>Spring Practice<br>5-7 pm | 19<br>WR 4:00 – 5:00<br>Practice 5-7 | 20<br>WR 4:00 – 5:00<br>Practice 5-7 | 21<br>Off                            | 22     | 23       |
| 24     | 25<br>Off                                    | 26<br>Finals Off                     | 27<br>Finals Off                     | 28<br>Finals Off                     | 29     | 30       |
| 31     |                                              |                                      |                                      |                                      |        |          |

# June

## 2026

| Sunday | Monday                                                                                              | Tuesday | Wednesday           | Thursday | Friday | Saturday |
|--------|-----------------------------------------------------------------------------------------------------|---------|---------------------|----------|--------|----------|
|        | 1                                                                                                   | 2       | 3                   | 4        | 5      | 6        |
| 7      | 8<br>Frosh Football – Practice<br>#1 - 4:30 Check in<br>5 – 7 pm Practice<br>Parent Meeting 6:-7:00 | 9       | 10                  | 11       | 12     | 13       |
| 14     | 15                                                                                                  | 16      | 17<br>Fundraiser #1 | 18       | 19     | 20       |
| 21     | 22                                                                                                  | 23      | 24                  | 25       | 26     | 27       |
| 28     | 29                                                                                                  | 30      |                     |          |        |          |
|        |                                                                                                     |         |                     |          |        |          |

# July

## 2026

| Sunday | Monday | Tuesday | Wednesday                                                                                             | Thursday | Friday | Saturday |
|--------|--------|---------|-------------------------------------------------------------------------------------------------------|----------|--------|----------|
|        |        |         | 1<br>Off – Dead begins<br>Summer Travel Period –<br>Begins Players are<br>excused with parent<br>note | 2        | 3      | 4        |
| 5      | 6      | 7       | 8                                                                                                     | 9        | 10     | 11       |
| 12     | 13     | 14      | 15<br><br>Dead Period Ends                                                                            | 16       | 17     | 18       |
| 19     | 20     | 21      | 22                                                                                                    | 23       | 24     | 25       |
| 26     | 27     | 28      | 29                                                                                                    | 30       | 31     |          |
|        |        |         |                                                                                                       |          |        |          |

# August

2026

| 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

2026

| 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

## 2026

| 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

2026

| 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

2026

| 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       |        |          |
|        |        |         |           |          |        |          |