

# August

SCHOOL DAY PRACTICES AT A GLANCE

Schedule is consistent throughout the 24/25 Season

## 2024-25

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
<b>FULL GEAR BEGINS- Practice is Mandatory Monday through Friday 8/5 - 11/1 + Playoffs</b>	JV/VAR – Weight Room 2:45 – 3:45 Practice: 4:00 – 6:00 FR Film/Practice 3 – 6:pm	Practice 4:15 – 7 pm - ALL	Practice 4:15 – 7 pm - ALL	Practice 4:15 – 7 pm - ALL	Green/Gold Scrimmage JV And Frosh Scrimmage 5 – 7 pm	
11	12	13	14	15	16	17
	JV/VAR – Weight Room 2:45 – 3:45 Practice: 4:00 – 6:00 FR Film/Practice 3 – 6:pm	Practice 4:15 – 7 pm - ALL	Practice 4:15 – 7 pm - ALL	Practice 4:15 – 7 pm - ALL	Oakdale @ Home <b>All Levels</b> <b>Jv/frosh – 5-6:30</b> <b>Var – 7 – 8:30</b>	
18	19	20	21	22	23	24
	JV/VAR – Weight Room 2:45 – 3:45 Practice: 4:00 – 6:00 FROSH: Film/Practice 3 – 6 pm	Practice 4:15 – 7 pm - ALL	Practice 4:15 – 7 pm - ALL	@ Golden Valley	@ West	
25	26	27	28	29	30	31
	Same	Same	Same	@ Turlock	Turlock @ Home	