

July

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 OFF	4 OFF	5 OFF	6 OFF	7 OFF	8
9	10 Weight Room 9-11 am FR/JV Levels 5-7 pm practice	11 Weight Room 9-11 am FR/JV Levels 5-7 pm practice	12 Weight Room 9-11 am FR/JV Levels 5-7 pm practice	13 Weight Room 9-11 am FR/JV Levels 5-7 pm practice	14	15
16	17 Weight Room 9-11 am -Var Gear Handout FR/JV Levels 5-7 pm practice	18 Weight Room 9-11 am -Var Gear /JV Gear FR/JV Levels 5-7 pm practice	19 Weight Room 9-11 am JV/ Gear FR/JV Levels 5-7 pm practice	20 Weight Room 9-11 am Frosh Gear Handout FR/JV Levels 5-7 pm practice	21 Weight Room 9-11 am Frosh Gear Handout FR/JV Levels 5-7 pm practice	22
23 ACCLIMATION PERIOD 2 days helmets 3 days shoulders and helmets Mandatory before Full Participation	24 Mandatory In season Practice Begins All Levels 5 – 730 pm Helmets	25 Mandatory In season Practice Begins All Levels 5 – 730 pm Helmets	26 Mandatory In season Practice Begins All Levels 5 – 730 pm Helmets and Shoulders	27 Mandatory In season Practice Begins All Levels 5 – 730pm Helmets and Shoulders	28 Mandatory In season Practice Begins All Levels 5 – 730 pm Helmets and Shoulders	29
30	31 Mandatory In season Practice Begins All Levels 5 – 730 pm Full Gear					