

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May							June						
					1	2		1	2	3	4	5	6
								OFF Active Rest	OFF Active Rest	OFF Active Rest	OFF Active Rest	OFF Active Rest	
3	4	5	6	7	8	9	7	8 V/S-Lift Rep at 80% Check	9 V/S-Practice 1	10 V/S-Lift 80% Rep Check	11 V/S-Practice 2	12	13
10	11	12	13	14 Last Power Club PC Breakfast	15	16	14	15 V/S-Lift	16 V/S-Practice 3	17 V/S-Practice 4	18 V/S-Practice 5	19	20
17	18 CSAs Full rest	19 CSAs Full rest	20 CSAs Full rest	21 CSAs Full rest	22 Last Day of School	23	21	22 V/S-Lift Freshman Handout /meeting	23 V/S-Practice 6 F-Practice 1	24 V/S-Practice 7 F-Practice 2	25 Var at Nap North 7v7 tourney S-Practice 8 Frosh - P3	26	27
24/31	25 OFF Active Rest	26 OFF Active Rest	27 OFF Active Rest	28 OFF Active Rest	29 OFF Active Rest	30	28	29 OFF Active Rest	30 OFF Active Rest				
July							August						
			1 OFF Active Rest	2 OFF Active Rest	3 OFF Active Rest	4							1 OFF Full Rest
5	6 V/S-Practice 9 Frosh - P4	7 V/S-Practice 10 Varsity UWW Frosh - P5	8 V/S-Practice 11 Varsity UWW Frosh - P6	9 V/S-Practice 12 Varsity UWW Frosh - P7	10	11	2 OFF Full Rest	3 V/S-Practice 19 Frosh - P15	4 V/S-Practice 20 Frosh - P16	5 First Day of football Season Mandatory 12 day window	6 All Levels Practice	7 All Levels Practice	8 All Levels Practice
12	13	14 V-@LWE 7v7 with Line S-Film and lift Frosh - P9	15 All levels @Wheaton South	16 V- IC S-Practice 15 Frosh - P11	17 Golf outing	18	9	10	11	12	13	14	15
	19 V/S-Lift/Film Frosh - P8	20	21	22	23	24	16	17	18	19	20	21	22
	20 V/S-Lift Testing Frosh - P12 Champions Club Feast	21 V/S- Nap Central Frosh - P13	22 Frosh Soph vs Lockport Var at 3:30pm vs St PatsFamily Night @6pm	23 V/S-Practice 19 Frosh - P15 Duke Olympics? Testing Make up	24	25	16	17	18	19	20	21 V/S vs Glenbrook South	22 F vs Glenbrook South
26	27 OFF Full Rest	28 OFF Full Rest	29 OFF Full Rest	30 OFF Full Rest	31 OFF Full Rest		23/30	24/31	25	26	27	28	29

Summary

-Varsity and Sophs off from last day of school to June 8th
-No Fridays, Saturdays, until August
-June 26th to July 5th we are off
-July 24th to August 2nd we are off

Freshman

-If you sign up for the first 3 week session of summer school it will not conflict with football
-Equipment hand out and meetings on June 22nd and 23rd

In light green are all extended breaks

All Levels Mandatory Practice begins August 5th. Although summer is not mandatory it is **HIGHLY ENCOURAGED AND EXPECTED** if players want to earn playing time.

Varsity and soph practice time is 7:30-11am
Frosh practice time is 7:30 -10am