

2026 Comprehensive Dunbar Football Schedule WINTER - SUMMER

Date	Day	Event	Time	Place
WINTER STRENGTH AND CONDITIONING SCHEDULE				
WINTER BREAK 12/22 - 1/5				
1-7-26	Wednesday	Weights	3:45 - 6:00	PLD Weight Room
1-8-26	Thursday	Weights	3:45 - 6:00	PLD Weight Room
1-12-26	Monday	Weights	3:45 - 6:00	PLD Weight Room
1-14-26	Wednesday	Weights	3:45 - 6:01	PLD Weight Room
1-15-26	Thursday	Weights	3:45 - 6:00	PLD Weight Room
1-19-26	Monday	No Weights No School		
1-21-26	Wednesday	Weights	3:45 - 6:00	PLD Weight Room
1-22-26	Thursday	Weights	3:45 - 6:00	PLD Weight Room
1-26-26	Monday	Weights	3:45 - 6:00	PLD Weight Room
1-28-26	Wednesday	Weights	3:45 - 6:00	PLD Weight Room
1-29-26	Thursday	Weights	3:45 - 6:00	PLD Weight Room
2-2-26	Monday	Weights	3:45 - 6:00	PLD Weight Room
2-4-26	Wednesday	Weights	3:45 - 6:00	PLD Weight Room
2-5-26	Thursday	Weights	3:45 - 6:00	PLD Weight Room
2-9-26	Monday	Weights	3:45 - 6:00	PLD Weight Room
2-11-26	Wednesday	Weights	3:45 - 6:00	PLD Weight Room
2-12-26	Thursday	Weights	3:45 - 6:00	PLD Weight Room
2-16-26	Monday	No Weights No School		
2-17-26	Wednesday	Weights	3:45 - 6:01	PLD Weight Room
2-18-26	Thursday	Weights	3:45 - 6:00	PLD Weight Room
2-23-26	Monday	Weights	3:45 - 6:00	PLD Weight Room
2-25-26	Wednesday	Weights	3:45 - 6:00	PLD Weight Room
2-26-26	Thursday	Weights	3:45 - 6:00	PLD Weight Room
3-2-26	Monday	Weights	3:45 - 6:00	PLD Weight Room
3-4-26	Wednesday	Weights	3:45 - 6:00	PLD Weight Room
3-5-26	Thursday	Weights	3:45 - 6:00	PLD Weight Room
3-9-26	Monday	Weights	3:45 - 6:00	PLD Weight Room
3-11-26	Wednesday	Weights	3:45 - 6:00	PLD Weight Room
3-12-26	Thursday	Weights	3:45 - 6:00	PLD Weight Room
3-16-26	Monday	Weights	3:45 - 6:00	PLD Weight Room
3-18-26	Wednesday	Weights	3:45 - 6:00	PLD Weight Room
3-19-26	Thursday	Weights	3:45 - 6:00	PLD Weight Room
3-23-26	Monday	Weights	3:45 - 6:00	PLD Weight Room
3-25-26	Wednesday	Weights	3:45 - 6:00	PLD Weight Room
3-26-26	Thursday	Weights	3:45 - 6:00	PLD Weight Room
3-30-26	Monday	Weights	3:45 - 6:00	PLD Weight Room
4-1-26	Wednesday	Weights	3:45 - 6:01	PLD Weight Room
4-2-26	Thursday	Weights	3:45 - 6:02	PLD Weight Room
SPRING BREAK - NO LIFTING				
4-6-26	SPRING BREAK			
4-7-26				
4-8-26				
4-9-26				

4-10-26	NO LIFTING			
4-13-26	Monday	Weights	3:45 - 6:01	PLD Weight Room
4-15-26	Wednesday	Weights	3:45 - 6:00	PLD Weight Room
4-16-26	Thursday	Weights	3:45 - 6:00	PLD Weight Room
4-20-26	Monday	Weight Room Testing	3:45 - 6:00	PLD Weight Room
4-22-26	Wednesday	Weight Room Testing	3:45 - 6:00	PLD Weight Room
4-23-26	Thursday	Pass out Equipment for Spring Ball	3:45 - 6:00	Locker Room
SPRING FOOTBALL PRACTICE SCHEDULE				
4-27-26	Monday	Spring Football DAY 1	3:45 - 6:00	DUNBAR
4-28-26	Tuesday	Lift and Film	3:45 - 6:00	DUNBAR
4-29-26	Wednesday	Spring Football DAY 2	3:45 - 6:00	DUNBAR
4-30-26	Thursday	Lift and Film	3:45 - 6:00	DUNBAR
5-1-26	Friday	Spring Football DAY 3	3:45 - 6:00	DUNBAR
5-4-26	Monday	Spring Football DAY 4	3:45 - 6:00	DUNBAR
5-5-26	Tuesday	Lift and Film	3:45 - 6:00	DUNBAR
5-6-26	Wednesday	Spring Football DAY 5	3:45 - 6:00	DUNBAR
5-7-26	Thursday	Lift and Film	3:45 - 6:00	DUNBAR
5-8-26	Friday	Spring Football DAY 6	3:45 - 6:00	DUNBAR
5-11-26	Monday	Spring Football DAY 7	3:45 - 6:00	DUNBAR
5-12-26	Tuesday	Lift and Film	3:45 - 6:00	DUNBAR
5-13-26	Wednesday	Spring Football DAY 8	3:45 - 6:00	DUNBAR
5-14-26	Thursday	Lift and Film	3:45 - 6:00	DUNBAR
5-15-26	Friday	Spring Football DAY 9	3:45 - 6:00	DUNBAR
JUNE ORGANIZED TEAM ACTIVITIES (OTA's)				
6-2-26	Tuesday	Lift and Condition	8:00 AM - 10:00 AM	PLD WEIGHT ROOM
6-3-26	Wednesday	7 on 7 and Big Man Practice	7:00 PM - 9:00 PM	FOOTBALL FIELD
6-4-26	Thursday	Lift and Condition	8:00 AM - 10:00 AM	PLD WEIGHT ROOM
6-9-26	Tuesday	Lift and Condition	8:00 AM - 10:00 AM	PLD WEIGHT ROOM
6-10-26	Wednesday	7 on 7 and Big Man Practice	7:00 PM - 9:00 PM	FOOTBALL FIELD
6-11-26	Thursday	Lift and Condition	8:00 AM - 10:00 AM	PLD WEIGHT ROOM
6-15-26	Tuesday	Lift and Condition	8:00 AM - 10:00 AM	PLD WEIGHT ROOM
6-16-26	Wednesday	7 on 7 and Big Man Practice	7:00 PM - 9:00 PM	FOOTBALL FIELD
6-17-26	Thursday	Lift and Condition	8:00 AM - 10:00 AM	PLD WEIGHT ROOM
6-23-26	Tuesday	Lift and Condition	8:00 AM - 10:00 AM	PLD WEIGHT ROOM
6-24-26	Wednesday	Lift and Condition	8:00 AM - 10:00 AM	PLD WEIGHT ROOM
DEAD PERIOD - NO CONTACT				
6-25-26/7-9-26	DEAD PERIOD			

MANDATORY FOOTBALL PRACTICES FOR THE 2026 SEASON

7/13/2026	Monday	1st Practice/Parent Meeting	6:00 pm - 8:00 pm	Dunbar
7/14/2026	Tuesday	Practice	6:30-10:30 AM	Dunbar
7/15/2026	Wednesday	Practice	6:30-10:30 AM	Dunbar
7/16/2026	Thursday	Practice	6:30-10:30 AM	Dunbar
7/17/2026	Friday	Practice	6:30-10:30 AM	Dunbar
7/20/2026	Monday	Practice	6:30-10:30 AM	Dunbar
7/21/2026	Tuesday	Practice	6:30-10:30 AM	Dunbar
7/22/2026	Wednesday	Practice	6:30-10:30 AM	Dunbar
7/23/2026	Thursday	Practice	6:30-10:30 AM	Dunbar
7/24/2026	Friday	Practice	6:30-10:30 AM	Dunbar
7/27/2026	Monday	Practice	6:30-10:30 AM	Dunbar
7/28/2026	Tuesday	Practice	6:30-10:30 AM	Dunbar
7/29/2026	Wednesday	Practice	6:30-10:30 AM	Dunbar
7/30/2026	thursday	Practice	6:30-10:30 AM	Dunbar
7/31/2026	Friday	Practice	6:30-10:30 AM	Dunbar

1ST DAYS OF PADDED PRACTICE: CAMP WEEK

8/3/2026	Monday	Camp Week	2 Practices	Dunbar
8/4/2026	Tuesday	Camp Week	2 Practices	Dunbar
8/5/2026	Wednesday	Camp Week	2 Practices	Dunbar
8/6/2026	Thursday	Camp Week	2 Practices	Dunbar
8/7/2026	Friday	Scrimmage 1: Franklin County	TBD	Franklin County Grid O Rama
8/10/2026	Monday	Practice	3:45 - 6:00	Dunbar
8/11/2026	Tuesday	Practice	3:45 - 6:00	Dunbar
8/12/2026	Wednesday	Practice	3:45 - 6:00	Dunbar
8/13/2026	Thursday	Practice	3:45 - 6:00	Dunbar
8/14/2026	Friday	Scrimmage 2: Lincoln County	7:00	@ PLD
8/17/2026	Monday	Practice	3:45 - 6:00	Dunbar
8/18/2026	Tuesday	Practice	3:45 - 6:00	Dunbar
8/19/2026	Wednesday	Practice	3:45 - 6:00	Dunbar
8/20/2026	Thursday	Practice	3:45 - 6:00	Dunbar
8/21/2026	Friday	Practice	3:45 - 6:01	Dunbar
8/22/2026	Saturday	Game 1: South Laurel	5:30	Somerset Bowl Game