

July 2023						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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2	3	4 Independence Day NO PRACTICE	5 Lifting/Condition @6am Practice @ 3pm	6 Lifting/Condition @6am Frosh: Upland Passing Tournament	7 Lifting/Condition @6am Frosh: Lift Competition/BBQ	8 End of Summer Camp: Annual Beach Trip 8:AM
9 Dead Period	10 Dead Period	11 Dead Period	12 Dead Period	13 Dead Period	14 Dead Period	15 Dead Period
16 Dead Period	17 Dead Period	18 Dead Period	19 Dead Period	20 Dead Period	21 Dead Period	22 Dead Period
23 Dead Period	24 Mini Camp -- JV/Varsity 3:pm WR JV/V Practice 4:30-6:30pm Frosh 4:30pm	25 Mini Camp JV/V Equipment Distribution 1-3pm JV/V Meetings 3pm JV/V Practice 4:30-6:30pm Frosh 4:30pm	26 Mini Camp JV/V Equipment Distribution 1-3pm JV/Varsity 3:pm WR JV/V Pracrice 4:30-6:30pm Frosh 4:30pm	27 Helmets and Shorts JV/V Practice 7am-9:am Frosh Equipment Distribution 1-3pm JV/V Meetings 3pm JV/V Practice 4:30pm-6:30pm	28 Helmets and Shorts JV/Varsity 3:pm WR JV/V Practice 4:30pm-6: 30pm	29 Helmets and Shorts JV/V Practice 6am-7:30am Picture Day @ 8:00am
30	31 First Day of Full Pads JV/V Practice 7am-9:am JV/V 3pm WR JV/V Practice 4:30pm-6: 30pm					

**Please allow us 30 minutes grace period to complete practice. Practice times and days are subject to change.

