April 24						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 31	April 1	2	3	4	5	
	Limited Contact Period Begins			Offensive Skill		
	Football Workouts			7am – 8am		
	on Field			7am Gam		
	6pm-7:30pm					
7	8	9	10	11	12	
	FOOTBALL			FOOTBALL		
	Workouts on			Workouts on		
	Field			Field		
	6pm – 7:30pm			6pm – 7:30pm		
				-		
14	15	16	17	18	19 I	
	FOOTBALL	FOOTBALL				
	Workouts on	Workouts on				
	Field	Field				
	6pm – 7:30pm	6pm – 7:30pm				
21	22	23	24	25	26	
				Offensive Skill		
				7am – 8am		
28	29	30	May 1	2	3	
		FOOTBALL				
	COLLEGE NIGHT	Workouts on				
	7.70					
	– 6pm – 7:30pm @Avon HS	Field				

			May 24			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 28	29	30	May 1	2	3	4
				Offensive Skill 7am – 8am		
5	6	7	8	9	10	11
		FOOTBALL Workouts on Field 6pm – 7:30pm		Offensive Skill 7am – 8am Field or Fieldhouse		Limited Contact Period Ends
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	June 1
		Newcomer Mini-Camp	Newcomer Mini-Camp			
		Field 6pm-8pm	Field 6pm-8pm			

			June 24			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 26	27	28	29	30	31	June
2	3	4	5	6	7	
	Lift – 8am-10am	Lift – 8am-10am	<u>Lift – 8am-10am</u>	Lift – 8am-10am	SPEED	
	Field 6pm-8pm	Field 6pm-8pm		Field 6pm-8pm	10am-11am	
9	10	11	12	13	14	
	Lift – 8am-10am	Lift – 8am-10am	<u>Lift – 8am-10am</u>	Lift – 8am-10am	SPEED	
	Field 6pm-8pm	Field 6pm-8pm		Field 6pm-8pm	10am-11am	
16	17	18	19	20	21	
	LIFT- 8am-10am SCRIMMAGE @NEW PAL	Lift – 8am-10am	<u>Lift – 8am-10am</u>	Lift – 8am-10am	SPEED	
	4pm-6:30 Depart 2:15pm	Field 6pm-8pm		Field 6pm-8pm	10am-11am	
23	24	25	26	27	28	
30	Lift – 8am-10am	THS SCRIMMAGE	<u>Lift – 8am-10am</u>	Lift – 8am-10am	SPEED	
	Field 6pm-8pm	5pm-7pm AT HOME		Field 6pm-8pm	10am-11am	

			July 24			
Sunday June 30	Monday July 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
	IHSAA MORATORIUM	IHSAA MORATORIUM	IHSAA MORATORIUM	IHSAA MORATORIUM	IHSAA MORATORIUM	
7	8	9	10	11	12	13
	Lift – 8am-10am	Lift – 8am-10am		Lift – 8am-10am	SPEED	
	Field 6pm-8pm	Field 6pm-8pm	<u>Lift – 8am-10am</u>	Field 6pm-8pm	10am-11am	
14	15	16	17	18	19	20
	Lift – 8am-10am	Lift – 8am-10am		Lift – 8am-10am	SPEED	
	Field 6pm-8pm	Field 6pm-8pm	<u>Lift – 8am-10am</u>	Field 6pm-8pm	10am-11am	
21	22	23	24	25	26	27
	Lift – 8am-10am	SCRIMMAGE		DAY	SPEED	
	Field 6pm-8pm	@ Southport 5pm-7pm Depart 3:30pm	<u>Lift – 8am-10am</u>	OFF	10am-11am	
28	29	30	31	August 1	2	3
	Field 6pm-8pm	DAY BEFORE SCHOOL BEGINS NO PRACTICE	FIRST DAY OF SCHOOL - NO PRACTICE			

August 24						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 28	29	30	31	August 1	2	3
4	5	6	7	8	9	1
4	3	0	,	•	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	3: