

April 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 Lifting 3:15-4:30 PM	29	30 Lifting 3:15-4:30 PM	31	1 Lifting 7:05-8:10 AM	2
3	4 Lifting 3:15-4:30 PM	5 Practice 3:15-4:45 PM Stadium	6 Lifting 3:15-4:30 PM	7 Practice 3:15-4:45 PM Stadium	8 Lifting 7:05-8:10 AM	9
10	11 Lifting 3:15-4:30 PM	12	13 Lifting 3:15-4:30 PM	14	15 Lifting 7:05-8:10 AM	16
17	18 Lifting 3:15-4:30 PM	19 Practice 3:15-4:45 PM Stadium	20 Lifting 3:15-4:30 PM	21 Practice 3:15-4:45 PM Stadium	22 Lifting 7:05-8:10 AM	23
24	25 Lifting 3:15-4:30 PM	26 Practice 3:15-4:45 PM Cadet Park	27 Lifting 3:15-4:30 PM BlackShirt and Class 2023 Gear Pick up	28 Practice 3:15-4:45 PM Stadium	29 Lifting 7:05-8:10 AM	30
1	2	Notes				

May 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Lifting 3:15-4:30 PM	3 Practice 3:15-4:45 PM Stadium	4 Lifting 3:15-4:30 PM	5 Practice 3:15-4:45 PM Stadium	6 Lifting 7:05-8:10 AM	7
8	9 Lifting 3:15-4:30 PM	10 Practice 3:15-4:45 PM Cadet Park	11 Lifting 3:15-4:30 PM	12 Practice 3:15-4:45 PM Stadium	13 Lifting 7:05-8:10 AM	14
15	16 Lifting 3:15-4:30 PM	17	18 Lifting 3:15-4:30 PM	19 2024 and 2025 Gear Pick up	20 Lifting 7:05-8:10 AM	21
22	No Lifting--Study for Exams					28
29	30	31	1	2	3	4
5	6	Notes				

June 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31 Lifting and Conditioning All Levels 7-9:30 AM	1 Lifting and Conditioning All Levels 7-9:30 AM 2026 Freshmen Gear Pickup after lifting	2 Lifting and Conditioning All Levels 7-9:30 AM	3	4
5	6 Lifting and Conditioning All Levels 7-9:30 AM	7 Lifting and Conditioning All Levels 7-9:30 AM	8 Lifting and Conditioning All Levels 7-9:30 AM	9 Lifting and Conditioning All Levels 7-9:30 AM	10	11
12	13 V/JV Practice 7-9:30 AM Fresh 9:15-11:15 AM	14 V/JV Practice 7-9:30 AM Fresh 9:15-11:15 AM 7 on 7 at Kirkwood 6:00 PM	15 V/JV Practice 7-9:30 AM Fresh 9:15-11:15 AM	16 V/JV Practice 7-9:30 AM Fresh 9:15-11:15 AM JOINT Prac MICDS	17	18
19	20 V/JV Practice 7-9:30 AM Fresh 9:15-11:15 AM	21 V/JV Practice 7-9:30 AM Fresh 9:15-11:15 AM 7 on 7 at Kirkwood 6:00 PM	22 V/JV Practice 7-9:30 AM Fresh 9:15-11:15 AM	23 Eureka Summit Scrimmage 9-12 AM Fresh 9:15-11:15 AM	24 Eureka Summit Scrimmage 9-12 AM Fresh Eureka/Sum Scrimmage 9-12 AM	25
26	27 Lifting and Conditioning All Levels 7-9:30 AM	28 Lifting and Conditioning All Levels 7-9:30 AM	29 Lifting and Conditioning All Levels 7-9:30 AM	30	1	2
3	4	Notes				

July 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30 Lifting and Conditioning All Levels 7-9:30 AM	1	2
3	4 Lifting and Conditioning All Levels 7-9:30 AM	5 Lifting and Conditioning All Levels 7-9:30 AM	6 Lifting and Conditioning All Levels 7-9:30 AM	7 Lifting and Conditioning All Levels 7-9:30 AM	8	9
10	11 Lifting and Conditioning All Levels 7-9:30 AM	12 Lifting and Conditioning All Levels 7-9:30 AM	13 Lifting and Conditioning All Levels 7-9:30 AM	14 Lifting and Conditioning All Levels 7-9:30 AM	15	16
17	18 V/JV Practice 7-9:30 AM Fresh 9:15-11:15 AM	19 V/JV Practice 7-9:30 AM Fresh 9:15-11:15 AM	20 V/JV Practice 7-9:30 AM Fresh 9:15-11:15 AM JOINT Prac St. Mary's	21 V/JV Practice 7-9:30 AM Fresh 9:15-11:15 AM	22	23
24	25 V/JV Practice 7-9:30 AM Fresh 9:15-11:15 AM JOINT WITH Blair Oaks	26 V/JV Glencoe TBA Fresh 9:15-11:15 AM	27 V/JV Glencoe TBA Fresh 9:15-11:15 AM JOINT WITH Eureka	28 V/JV Glencoe TBA Fresh 9:15-11:15 AM	29	30
31	1	Notes				

August 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
Dead Week-Lift on your own						
7	8 First Week of Practice TBA	9 First Week of Practice TBA	10 First Week of Practice TBA	11	12	13 Purple/White Scrimmage 8-12:30 PM
14	15	16 First day of school 3:30-6:00 PM	17	18	19 Varsity Jamboree TBA	20 Casino Night
21	22	23	24	25	26 V vs Canton, OH	27
28	29	30	31	1	2	3
4	5	Notes				

September 2022



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

October 2022



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

November 2022



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

December 2022



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