

# January 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9 Team Meeting 3:15 PM in 113	10	11 Lifting 3:15-4:30 PM	12	13 Lifting 7:05-8:10 AM	14
15	16 MLK Day--NO School Lifting Will be sent to you	17	18 Lifting 3:15-4:30 PM	19 Buy your own helmet and get fitted--if you want	20 Lifting 7:05-8:10 AM	21
22	23 Lifting 3:15-4:30 PM	24	25 Lifting 3:15-4:30 PM	26	27 Lifting 7:05-8:10 AM	28
29	30 Lifting 3:15-4:30 PM	31	1 Lifting 3:15-4:30 PM	2	3 Lifting 7:05-8:10 AM	4
5	6	Notes				

# February 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	<b>30</b> Lifting 3:15-4:30 PM	31	<b>1</b> Lifting 3:15-4:30 PM	2	<b>3</b> Lifting 7:05-8:10 AM	4
5	<b>6</b> Lifting 3:15-4:30 PM	7	<b>8</b> Lifting 3:15-4:30 PM	9	<b>10</b> Lifting 7:05-8:10 AM	11
12	<b>13</b> Lifting 3:15-4:30 PM	14	<b>15</b> Lifting 3:15-4:30 PM	16	<b>17</b> Lifting 7:05-8:10 AM	18
19	<b>20</b> President's Day--NO School Lifting Will be sent to you	21	<b>22</b> Lifting 3:15-4:30 PM	23	<b>24</b> Lifting 7:05-8:10 AM 	25
26	<b>27</b> Lifting 3:15-4:30 PM SPRING SPORTS BEGIN	28	1	2	3	4
5	6	Notes				

# March 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	1 Lifting 3:15-4:30 PM	2	3 Lifting 7:05-8:10 AM	4
5	6 Lifting 3:15-4:30 PM	7	8 Lifting 3:15-4:30 PM	9	10 Lifting 7:05-8:10 AM	11
12	13	14	15	16	17	18
Spring Break-Lift on your own						
19	20 Lifting 3:15-4:30 PM	21	22 Lifting 3:15-4:30 PM 5:00 PM RIDDELL FITTING FOR ANYONE BUYING HELMET	23	24 Lifting 7:05-8:10 AM	25
26 Parent Meeting 6:00 PM CBC Theater	27 Lifting 3:15-4:30 PM	28	29 Lifting 3:15-4:30 PM	30 Practice 3:15-4:45 PM TBA	31 Lifting 7:05-8:10 AM	1
2	3	Notes				

# April 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3 Lifting 3:15-4:30 PM	4	5 Lifting 3:15-4:30 PM	6 Practice 3:15-4:45 PM TBA	7 Lifting 7:05-8:10 AM	8
1-2:30 PM Stadium						
9	10 Lifting 3:15-4:30 PM	11	12 Lifting 3:15-4:30 PM	13 Practice 3:15-4:45 PM TBA	14 Lifting 7:05-8:10 AM	15
Off Easter						
16	17 Lifting 3:15-4:30 PM	18	19 Lifting 3:15-4:30 PM	20 Practice 3:15-4:45 PM TBA	21 Lifting 7:05-8:10 AM	22
1-2:30 PM Stadium						
23	24 Lifting 3:15-4:30 PM	25	26 Lifting 3:15-4:30 PM BlackShirt and Class 2024 Gear Pick up	27 Practice 3:15-4:45 PM TBA	28 Lifting 7:05-8:10 AM	29
1-2:30 PM Stadium						
30	1	Notes				
1-2:30 PM Stadium						

# May 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 1-2:30 PM Stadium	1 Lifting 3:15-4:30 PM	2	3 Lifting 3:15-4:30 PM	4 Practice 3:15-4:45 PM TBA	5 Lifting 7:05-8:10 AM	6
7 1-2:30 PM Stadium	8 Lifting 3:15-4:30 PM	9	10 Lifting 3:15-4:30 PM	11 Practice 3:15-4:45 PM TBA	12 Lifting 7:05-8:10 AM	13
14	15 Lifting 3:15-4:30 PM	16	17 Lifting 3:15-4:30 PM	18 2025 and 2026 Gear Pick up	19 Lifting 7:05-8:10 AM	20
21	No Lifting--Study for Exams					27
28	29 Memorial Day--OFF	30 Lifting and Conditioning All Levels 7-9:30 AM	31 Lifting and Conditioning All Levels 7-9:30 AM 2027 Freshmen Gear Pickup after lifting	1	2	3
4	5	Notes				

# June 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30 Lifting and Conditioning All Levels 7-9:30 AM	31 Lifting and Conditioning All Levels 7-9:30 AM 2027 Freshmen Gear Pickup after lifting	1 Lifting and Conditioning All Levels 7-9:30 AM	2	3
4	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 Lifting and Conditioning All Levels 7-9:30 AM	9	10
11	12 V/JV Practice 7-9:30 AM Fresh 9:15-11:15 AM	13 V/JV Practice 7-9:30 AM Fresh 9:15-11:15 AM 7 on 7 at Kirkwood 6:00 PM	14 V/JV Practice 7-9:30 AM Fresh 9:15-11:15 AM	15 V/JV Practice 7-9:30 AM Fresh 9:15-11:15 AM JOINT Prac MICDS	16	17
18	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 7 on 7 at Kirkwood 6:00 PM	21 V/JV Practice 7-9:30 AM Fresh 9:15-11:15 AM	22 Eureka Summit Scrimmage 9-12 AM Fresh 9:15-11:15 AM	23 Eureka Summit Scrimmage 9-12 AM Fresh Eureka/Sum Scrimmage 9-12 AM	24
25	26 Lifting and Conditioning All Levels 7-9:30 AM	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	Notes				

# July 2023



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

# August 2023



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



# September 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	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	Notes				

# October 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	3	4
5	6	Notes				

# November 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	4	Notes				

# December 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	1	Notes				