

January 2025



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

February 2025



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

March 2025



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

April 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 Lifting 3:15-4:30 PM	1	2 Lifting 3:15-4:30 PM	3 Lifting 3:15-4:30 PM	4 Practice 7:00-8:05 AM	5
6 1-2:30 PM Stadium	7 Lifting 3:15-4:30 PM	8	9 Lifting 3:15-4:30 PM	10 Lifting 3:15-4:30 PM	11 Practice 7:00-8:05 AM	12
13 1-2:30 PM Stadium	14 Lifting 3:15-4:30 PM	15	16 Lifting 3:15-4:30 PM	17	18	19
20 Off Easter	21 Lifting 3:15-4:30 PM	22	23 Lifting 3:15-4:30 PM	24 Lifting 3:15-4:30 PM	25 Practice 7:00-8:05 AM	26
27 1-2:30 PM Stadium	28 Lifting 3:15-4:30 PM BlackShirt and Class 2026 Gear Pick up	29	30 Lifting 3:15-4:30 PM	1 Lifting 3:15-4:30 PM	2 Practice 7:00-8:05 AM	3
4 1-2:30 PM Stadium	5	Notes				

May 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 1-2:30 PM Stadium	28 Lifting 3:15-4:30 PM BlackShirt and Class 2026 Gear Pick up	29	30 Lifting 3:15-4:30 PM	1 Lifting 3:15-4:30 PM	2 Practice 7:00-8:05 AM	3
4 1-2:30 PM Stadium	5 Lifting 3:15-4:30 PM	6	7 Lifting 3:15-4:30 PM	8 Lifting 3:15-4:30 PM	9 Practice 7:00-8:05 AM	10
11 Graduation No Football Practice	12 Lifting 3:15-4:30 PM	13	14 Lifting 3:15-4:30 PM	15 Lifting 3:15-4:30 PM 2027 and 2028 Gear Pick up	16 Practice 7:00-8:05 AM	17
18	No Lifting--Study for Exams					24
25	26 Memorial Day--OFF	27 Lifting and Conditioning All Levels 7-9:30 AM	28 Lifting and Conditioning All Levels 7-9:30 AM 2029 Freshmen Gear Pickup after lifting	29 Lifting and Conditioning All Levels 7-9:30 AM	30	31
1	2	Notes				

June 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Lifting and Conditioning All Levels 7-9:30 AM	3 Lifting and Conditioning All Levels 7-9:30 AM	4 Lifting and Conditioning All Levels 7-9:30 AM 2029 Freshmen Gear Pickup after lifting	5 Lifting and Conditioning All Levels 7-9:30 AM	6	7
8	9 Lifting and Conditioning All Levels 7-9:30 AM Fall Academy	10 Lifting and Conditioning All Levels 7-9:30 AM Fall Academy	11 V/JV Practice 7-9:30 AM Fresh 9:15-11:15 AM Fall Academy	12 V/JV Practice 7-9:30 AM Fresh 9:15-11:15 AM Fall Academy	13	14
15	16 V/JV Practice 7-9:30 AM Fresh 9:15-11:15 AM	17 V/JV Practice 7-9:30 AM Fresh 9:15-11:15 AM 7 on 7 at Kirkwood 6:00 PM	18 Eureka Summit Scrimmage 9-12 AM	19 V/JV Practice 7-9:30 AM Fresh 9:15-11:15 AM	20 Eureka Summit Scrimmage 9-12 AM (Fresh Too)	21
22	23 All Practice 7-8:20 AM Lifting/Film to Follow	24 All Practice 7-8:20 AM Lifting/Film to Follow 7 on 7 at Kirkwood 6:00 PM	25 All Practice 7-8:20 AM Lifting/Film to Follow	26 Lifting and Conditioning All Levels 7-9:30 AM	27	28
29	30 Lifting and Conditioning All Levels 7-9:30 AM	1 Lifting and Conditioning All Levels 7-9:30 AM	2 Lifting and Conditioning All Levels 7-9:30 AM	3 Lifting and Conditioning All Levels 7-9:30 AM	4	5
6	7	Notes				

July 2025



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

August 2025



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

September 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	6	Notes				

October 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	3	Notes				

November 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	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	Notes				

December 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	3
4	5	Notes				