

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Weight Room After School	4 Weight Room After School	5 Weight Room After School	6	7	8
9	10 Strength & Speed Training 6am-7am 7am-8am 8am-9am	11 Strength & Speed Training 6am-7am 7am-8am 8am-9am	12 Strength & Speed Training 6am-7am 7am-8am 8am-9am	13 Strength & Speed Training 6am-7am 7am-8am 8am-9am	14	15 7 on 7 Tourney @ Wausau East
16	17 Strength & Speed Training 6am-7am 7am-8am 8am-9am	18 Strength & Speed Training 6am-7am 7am-8am 8am-9am	19 Strength & Speed Training 6am-7am 7am-8am 8am-9am	20 Strength & Speed Training 6am-7am 7am-8am 8am-9am	21	22
23 High School Contact Day 1 1:00-4:00pm	24 Strength & Speed Training 6am, 7am, or 8am High School Contact Day 2 1:00-4:00pm	25 Strength & Speed Training 6am-7am 7am-8am 8am-9am	26 Strength & Speed Training 6am-7am 7am-8am 8am-9am	27 Strength & Speed Training 6am-7am 7am-8am 8am-9am	28	29

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Strength & Speed Training 6am-7am 7am-8am 8am-9am	2 Strength & Speed Training 6am-7am 7am-8am 8am-9am	3 Strength & Speed Training 6am-7am 7am-8am 8am-9am	4 Strength & Speed Training 6am-7am 7am-8am 8am-9am	5	6
7 High School Contact Day 3 1:00-4:00pm	8 Strength & Speed Training 6am, 7am, or 8am High School Contact Day 4 1:00-4:00pm	9 Strength & Speed Training 6am-7am 7am-8am 8am-9am	10 Strength & Speed Training 6am-7am 7am-8am 8am-9am	11 Strength & Speed Training 6am-7am 7am-8am 8am-9am	12	13 7 on 7 Tourney @ Wisconsin Dells
14	15 Strength & Speed Training 6am-7am 7am-8am 8am-9am	16 Strength & Speed Training 6am-7am 7am-8am 8am-9am	17 Strength & Speed Training 6am-7am 7am-8am 8am-9am	18 Strength & Speed Training 6am-7am 7am-8am 8am-9am	19	20
21	22 Strength & Speed Training 6am-7am 7am-8am 8am-9am	23 Strength & Speed Training 6am-7am 7am-8am 8am-9am	24 Strength & Speed Training 6am-7am 7am-8am 8am-9am	25 Strength & Speed Training 6am-7am 7am-8am 8am-9am	26	27
28	29 OFF!	30 OFF!	31 OFF!			

August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Hawks Intra-Squad Scrimmage 7:00pm
4	5 Equipment Handout/Test outs 3:00pm	6 Practice 4:00-7:00pm	7 Practice 4:00-7:00pm	8 Practice 4:00-7:00pm	9 Practice 4:00-7:00pm	10 Practice on Game Field 7:00-9:00pm
11	12 Practice 4:00-7:00pm	13 Practice 4:00-7:00pm	14 Practice 4:00-7:00pm	15 Practice 4:00-8:00pm	16 <u>Scrimmage (Frosh/JV/V)</u> vs Everest/Preble/Stratford @ DC Everest	17 Film/Lift 10:00-12:00pm <u>JV/Varsity Only</u>
18	19 Practice 4:00-6:10pm	20 Practice 4:00-6:10pm	21 Practice 4:00-6:10pm	22 Practice 4:00-6:10pm	23 <u>Varsity Game</u> Home vs West Depere 7:00pm	24 Film/Lift 10:00-12:00pm <u>JV/Varsity Only</u>
25	26 Practice 4:00-6:10pm <u>JV1 Game</u> Away vs West Depere 5:00pm	27 Practice 4:00-6:10pm	28 Practice 4:00-6:10pm	29 Practice 4:00-6:00pm <u>JV2 Game</u> Home vs Waupaca 5:00pm	30 <u>Varsity Game</u> Away vs Waupaca 7:00pm	31 Film/Lift 10:00-12:00pm <u>JV/Varsity Only</u>