#### **June 2024**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1
3	4	5	6	7	8
Weightlifting 8:30- 10:00 and 5:30-7:00	Weightlifting: 8:30- 10:00 and 5:30-7:00		Weightlifting 8:30- 10:00 and 5:30-7:00		
10	11	12	13	14	15
Weightlifting 8:30- 10:00 and 5:30-7:00	Weightlifting 8:30- 10:00 and 5:30-7:00		Weightlifting 8:30- 10:00 and 5:30-7:00		
17	18	19	20	21	22
Weightlifting 8:30- 10:00 and 5:30-7:00	Weightlifting 8:30- 10:00 and 5:30-7:00	Weightlifting 8:30-10:	Weightlifting 8:30- 10:00 and 5:30-7:00	Optional Team activity: Canoeing at Trapper Johns followed by lunch at Roosters. \$\$ on own	
24	25	26	27	28	29
Weightlifting 8:30- 10:00 and 5:30-7:00	Weightlifting 8:30- 10:00 and 5:30-7:00		Weightlifting 8:30-10:00 and 5: 30-7:00		
	Weightlifting 8:30- 10:00 and 5:30-7:00  10  Weightlifting 8:30- 10:00 and 5:30-7:00  17  Weightlifting 8:30- 10:00 and 5:30-7:00  24  Weightlifting 8:30-	Weightlifting 10:00 and 5:30-7:00     8:30-10:00 and 5:30-7:00       10     11       Weightlifting 8:30-10:00 and 5:30-7:00     Weightlifting 8:30-10:00 and 5:30-7:00       17     18       Weightlifting 8:30-10:00 and 5:30-7:00     Weightlifting 8:30-10:00 and 5:30-7:00       24     25       Weightlifting 8:30-Weightlifting 8:30-Weightlifting 8:30-10:00 and 5:30-7:00	Weightlifting 10:00 and 5:30-7:00       8:30-10:10:00 and 5:30-7:00       Weightlifting 8:30-10:10:00 and 5:30-7:00       8:30-10:10:00 and 5:30-7:00         Weightlifting 10:00 and 5:30-7:00       Weightlifting 8:30-10:10:00 and 5:30-7:00       Weightlifting 8:30-10:10:00 and 5:30-7:00       Weightlifting 8:30-10:10:00 and 5:30-7:00	Weightlifting 10:00 and 5:30-7:00       8:30-10:00 and 5:30-7:00       Weightlifting 8:30-10:00 and 5:30-7:00       Weightlifting 8:30-10:00 and 5:30-7:00         10       11       12       13         Weightlifting 8:30-10:00 and 5:30-7:00       Weightlifting 8:30-10:00 and 5:30-7:00       Weightlifting 8:30-10:00 and 5:30-7:00         17       18       19       20         Weightlifting 8:30-10:00 and 5:30-7:00       Weightlifting 8:30-10:00 and 5:30-7:00       Weightlifting 8:30-10:00 and 5:30-7:00         24       25       26       27         Weightlifting 8:30-10:00 and 5:30-7:00       Weightlifting 8:30-10:00 and 5:30-10:00 and 5	Weightlifting 10:00 and 5:30-7:00       8:30- 10:00 and 5:30-7:00       Weightlifting 8:30- 10:00 and 5:30-7:00       Weightlifting 8:30- 10:00 and 5:30-7:00       13       14         Weightlifting 10:00 and 5:30-7:00       8:30- 10:00 and 5:30-7:00       Weightlifting 8:30- 10:00 and 5:30-7:00       8:30- 10:00 and 5:30-7:00       Weightlifting 8:30- 10:00 and 5:30-7:00       9:30- 10:00 and 5:30-7:00       Weightlifting 8:30- 10:00 and 5:30-7:00       9:30- 10:00 and 5:30-7:00       Weightlifting 8:30- 10:00 and 5:30-7:00       9:30- 10:00 and 5:30-7:00       Weightlifting 8:30- 10:00 and 5:30-7:00       9:30- 10:00 and 5:30-7:00       Weightlifting 8:30- 10:00 and 5:30-7:00       9:30- 10:00 and 5:30-7:00       Weightlifting 8:30- 10:00 and 5:30-7:00       Weightlifting 8:30- 10:00 and 5:30-7:00       9:30- 10:00 and 5:30-7:00       Weightlifting 8:30- 10:00 and 5:30-7:00       Weightlifting 8:30- 10:00 and 5:30-7:00       9:30- 10:00 and 5:30-7:00       Weightlifting 8:30- 10:00 and 5:30-7:00       9:30- 10:00 and 5:30-7:00 <td< td=""></td<>

# Notes We will have both morning and evening lifting sessions M, T, and TH. Players can attend either session. Wednesday's will have morning sessions only.

		M	lay '	24		
s	M	T	w	T	F	s
			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	

## **July 2024**

Sunday	Monday	Tuesday	Wednesday	Thur	sday			Friday	Saturday
	1	2	3	4				5	6
	Camp at Higher Ground in West Harrison Indiana	Camp at Higher Ground in West Harrison, Indiana	Return from camp.	the bi	rate the rth lotte n the U	ry by b			
7	8	9	10	11				12	13
	Madison County Fair Week: No required football activities.								
14	15	16	17	18				19	20
	Weightlifting 5:30-7:00 PM only	MP Football Camp 5:00-8:00	MP Football Camp 5:00-8:00	MP F	ootball (	Camp 5	:00-8:	MP Football Camp 5:00-8:00	
21	22	23	24	25				26	27
	Hell Week 2024 5:00-8:	Hell Week 5:00-8:00	Hell Week 5:00-8:00	Hell	Veek 5:0	00-8:00		Hell Week Finale: 7:00- 9:00. Families invited!	MP Football Golf Outing at Locust Hills
28	29	30	31						
	MP Football Camp 6:00-9:00	MP Football Camp 6:00-9:00	MP Football Camp 6:00-9:00						
					1		1		

#### **Notes**

Hell Week is a time focused on having fun and conditioning hard for the season. Our finale has typically

been one of our player's favorite days of the season. Families are invited to the finale which will be under

the lights in the stadium from 7:00-9:00

1 1 2 2 3 4 5 6 7 8 4 5 6 7 8 9 10 11 12 13 14 15 16 6 17 18 19 20 21 22 18 19 20 21 22 23			Ju	ine '	24		
2 3 4 5 6 7 8 4 5 6 7 8 9 9 10 11 12 13 14 15 16 16 17 18 19 20 21 22 18 19 20 21 22 23	s	M	T	w	T	F	s
9 10 11 12 13 14 15 11 12 13 14 15 16 16 17 18 19 20 21 22 18 19 20 21 22 23							1
16 17 18 19 20 21 22 18 19 20 21 22 23	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
23 24 25 26 27 28 29 25 26 27 28 29 30	16	17	18	19	20	21	22
	23	24	25	26	27	28	29

### August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				2-A-Days 2:00-9:00	2-A-Days 2:00-9:00	One practice: 9:00-noon
4	5	6	7	8	9	10
	2-A-Days 2:00-9:00	2-A-Days 2:00-9:00	2-A-Days 2:00-9:00	2-A-Days 2:00-9:00	2-A-Days 2:00-9:00	Home scrimmage vs Circleville 10:00 AM
11	12	13	14	15	16	17
	2-A-Days 2:00-9:00	2-A-Days 2:00-9:00	After School Practice Time4:00-6:00	Thursday Night Practice Schedule 3:30-5:00	Scrimmage @ Adena 7:	Film 9:00 AM
18	19	20	21	22	23	24
	Practice 4:00-6:00	Practice 4:00-6:00	Practice 4:00-6:00	Practice: 3:30-5:00 Followed by Family Night (Details to come)	Game 1@ Westfall High School	JV Game @home 10:00 AM
25	26	27	28	29	30	31

Notes			

		J	uly '	24		
s	M	Т	w	Т	F	s
	1	2	3	4	5	6
7	8	9	10	11	12	13
4	15	16	17	18	19	20
1	22	23	24	25	26	27
8	29	30	31			