



# NCHS FOOTBALL SUMMER 2022

## MAY/JUNE

| Sunday | Monday   | Tuesday  | Wednesday  | Thursday   | Friday                               | Saturday   |
|--------|--|--|--|--|--------------------------------------|--|
|        | 30<br><b>May 30th<br/>Memorial Day<br/>No practice</b>           | 31<br><b>May 31st<br/>Practice<br/>6-7:30 pm</b>                                     | 1<br><b>June 1st<br/>Practice<br/>6-7:30 pm</b>                  | 2<br><b>Practice<br/>6-7:30 pm</b>   | 3<br><b>No practice</b>              | 4  |
| 5      | 6<br><b>Weights<br/>4:30pm<br/><br/>Practice<br/>6-7:30 pm</b>   | 7<br><b>Weights<br/>4:30pm<br/><br/>Practice<br/>6-7:30 pm</b>                       | 8<br><b>Weights<br/>4:30 pm<br/><br/>Practice<br/>6-7:30 pm</b>  | 9<br><b>Weights<br/>4:30 pm<br/><br/>Practice<br/>6-7:30 pm</b>                      | 10<br><b>No practice</b>             | 11<br><b>7 v 7<br/>SDO Tourney<br/>Varsity Only<br/>4 pm</b> |
| 12     | 13<br><b>Weights<br/>4:30 pm<br/><br/>Practice<br/>6-7:30pm</b>  | 14<br><b>Weights<br/>4:30 pm<br/><br/>Practice<br/>6-7:30 pm</b>                     | 15<br><b>Weights<br/>4:30 pm<br/><br/>Practice<br/>6-7:30 pm</b> | 16<br><b>7 V 7<br/>Big Man<br/>Tempe HS<br/>TBD<br/>Varsity Only<br/>No practice</b> | 17<br><b>No practice</b>             | 18   |
| 19     | 20<br><b>Weights<br/>4:30 pm<br/><br/>Practice<br/>6-7:30 pm</b> | 21<br><b>Weights<br/>4:30 pm<br/><br/>Practice<br/>6-7:30 pm</b>                     | 22<br><b>Weights<br/>4:30 pm<br/><br/>Practice<br/>6-7:30 pm</b> | 23<br><b>Weights<br/>4:30 pm<br/><br/>Practice<br/>6-7:30 pm</b>                     | 24<br><b>No Practice</b>             | 25   |
| 26     | 27<br><b>Weights<br/>4:30 pm<br/><br/>Practice<br/>6-7:30 pm</b> | 28<br><b>7 V 7<br/>Big Man<br/>Tempe HS<br/>TBD<br/>Varsity Only<br/>No practice</b> | 29<br><b>Weights<br/>4:30 pm<br/><br/>Practice<br/>6-7:30 pm</b> | 30<br><b>Weights<br/>4:30 pm<br/><br/>Practice<br/>6-7:30 pm</b>                     | 1<br><b>July 1st<br/>No practice</b> | 2  |

# July/August

| Sunday | Monday   | Tuesday   | Wednesday   | Thursday  | Friday            | Saturday |
|--------|--|---|---|---|-------------------|----------|
| 3      | 4<br>Break<br>HAPPY 4TH!   | 5<br>Break  | 6<br>Break  | 7<br>Break  | 8<br>Break        | 9        |
| 10     | 11<br>Break  | 12<br>Break   | 13<br>Break   | 14<br>Break   | 15<br>Break       | 16       |
| 17     | 18<br>Weights<br>4:30 pm<br><br>Practice<br>6-7:30 pm                  | 19<br>Weights<br>4:30 pm<br><br>Practice<br>6-7:30 pm                                     | 20<br>Weights<br>4:30 pm<br><br>Practice<br>6-7:30 pm | 21<br>Weights<br>4:30 pm<br><br>Practice<br>6-7:30 pm | 22<br>No practice | 23       |
| 24     | 25<br>Weights<br>4:30 pm<br><br>Practice<br>6-7:30 pm                  | 26<br>Weights<br>4:30 pm<br><br>Practice<br>6-7:30 pm                                     | 27<br>Weights<br>4:30 pm<br><br>Practice<br>6-7:30 pm | 28<br>Weights<br>4:30 pm<br><br>Practice<br>6-7:30 pm | 29<br>No practice | 30       |
| 31     | 1<br>August 1st<br><br>Weights<br>4:30 pm<br><br>Practice<br>6-7:30 pm | 2<br><br><u>CAMP @ NC</u><br><br>Times TBD<br>(Freshmen<br>Orientation @<br>North Canyon) | 3<br><br><u>CAMP @ NC</u><br><br>Times TBD            | 4<br><br><u>CAMP @ NC</u><br><br>Times TBD            | 5<br>No practice  | 6        |

\*1st day helmets - Monday, August 8th

\*1st day of school - Tuesday, August 9th

