



S-F Football – Spring & Summer Schedule

<https://www.spring-fordfootball.net/schedule>

Spring Practice Schedule

Week 1

May 23rd – May 27th – 2:45 – 5:15p

*May 25th - RAM Buddies Practice

Week 2

May 31st - June 3rd – 2:45 – 5:15p

Week of June 6th

Lifting After Finals - TBD

Week of June 13th

YOUTH CAMP – T-W-Th 9a-12p

Monday, June 13th - Lifting / Speed & Agility 8-10:30a

Tuesday, June 14th - Lifting / Speed & Agility 8-10:30a

Wednesday, June 15th – 7v7 @ CB East 6p (By Invite)

Thursday, June 16th - - Lifting / Speed & Agility 8-10:30a

Week of June 20th

Monday, June 20th - Lifting / Speed & Agility 8-10:30a

Tuesday, June 21st - Lifting / Speed & Agility 8-10:30a

Thursday, June 23rd – 11v11 Camp 8a – 3p (All)

Friday, June 24th – PSU 7v7 / Big Man Camp (By Invite)

Week of June 27th

Monday, June 27th - - Lifting / Speed & Agility 8-10:30a

Tuesday, June 28th - Lifting / Speed & Agility 8-10:30a

Thursday, June 30th - Lifting / Speed & Agility 8-10:30a

Week of July 4th

Monday, July 4th - Off

Tuesday, July 5th - Lifting / Speed & Agility 8-10:30a

Thursday, July 7th - Lifting / Speed & Agility 8-10:30a

Week of July 11th

Monday, July 11th - Lifting / Speed & Agility 8-10:30a

Tuesday, July 12th - Lifting / Speed & Agility 8-10:30a

Wednesday July 14th - Lifting / Speed & Agility 8-10:30a

Week of July 18th

Monday, July 18th - Lifting / Speed & Agility 8-10:30a

Tuesday, July 19th - Lifting / Speed & Agility 8-10:30a

Thursday, July 21st - - Lifting / Speed & Agility 8-10:30a

Friday, July 22nd – Leave for Team Camp at ESU

Saturday, July 23rd – ESU Team Camp

Sunday, July 24th – Return from ESU Team Camp

Week of July 25th

Monday, July 25th - Lifting / Speed & Agility 8-10:30a

Tuesday, July 26th - Lifting / Speed & Agility 8-10:30a

Thursday, July 28th - Lifting / Speed & Agility 8-10:30a

Week of August 1st

Monday, August 1st - Lifting / Speed & Agility 8-10:30a

Tuesday, August 2nd - Lifting / Speed & Agility 8-10:30a

Wednesday, August 3rd – Senior Poster Picture

Thursday, August 4th - Lifting / Speed & Agility 8-10:30a

Week of August 8th (Mandatory Practice)

M-F - Heat Acclimatization – 7 – 10a / Lifting 12 – 1p

Sunday, August 14th - Spring-Ford Football Picnic TBD

Week of August 15th

M-F - Three-A-Days 6a – 4p

Saturday – Scrimmage with West Chester Rustin

	Governor Mifflin	Away	Fri, Aug 26	7:00 PM
	Olney Charter	Home	Thu, Sep 1	7:00 PM
	Cumberland Valley	Home	Fri, Sep 9	7:00 PM
	Manheim Township	Home	Fri, Sep 16	7:00 PM
	Boyertown	Home	Fri, Sep 23	7:00 PM
	Owen J. Roberts	Away	Fri, Sep 30	7:00 PM
	Perkiomen Valley	Away	Fri, Oct 7	7:00 PM
	Methacton	Home	Fri, Oct 14	7:00 PM
	Norrstown	Home	Sat, Oct 22	2:00 PM
	PAC Crossover	Away	Fri, Oct 28	7:00 PM

Youth Night – Cumberland Valley

Senior Night – Methacton

Homecoming - Norristown