

May 2023

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 1 st Day for Coach Camps
28	29 Memorial Day OFF	30	31	1	2	3

JUNE 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 MEMORIAL DAY OFF	30 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am	31 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am	1 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am	2 <u>Weight / Conditioning at PHS:</u> All Boys-6:30 AM-8:00 AM All Girls = 9:00 – 10:30 am Recovery Routine	3
4 Pitt State 1st Team Camp 4th-6th?	5 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am 7 ON 7?	6 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am Offensive Install/Practice-9:30-10:30 am	7 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am Defensive Install/Practice-9:30-10:30 am	8 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am	9 <u>Weight / Conditioning at PHS:</u> All Boys-6:30 AM-8:00 AM All Girls = 9:00 – 10:30 am Recovery Routine	10
11 Pitt State 2nd Team Camp 11th-13th?	12 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am 7 ON 7?	13 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am Offensive Install/Practice-9:30-10:30 am	14 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am Defensive Install/Practice-9:30-10:30 am	15 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am	16 <u>Weight / Conditioning at PHS:</u> All Boys-6:30 AM-8:00 AM All Girls = 9:00 – 10:30 am Recovery Routine	17
18	19 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am 7 ON 7?	20 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am Offensive Install/Practice-9:30-10:30 am Washburn Team Camp 1?	21 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am Defensive Install/Practice-9:30-10:30 am Washburn Team Camp 2?	22 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am	23 <u>Weight / Conditioning at PHS:</u> All Boys-6:30 AM-8:00 AM All Girls = 9:00 – 10:30 am Recovery Routine	24
25	26 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am DRAGON FOOTBALL CAMP	27 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am DRAGON FOOTBALL CAMP	28 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am DRAGON FOOTBALL CAMP	29 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am DRAGON FOOTBALL CAMP	30 <u>Weight / Conditioning at PHS:</u> All Boys-6:30 AM-8:00 AM All Girls = 9:00 – 10:30 am Recovery Routine DRAGON FOOTBALL CAMP	1

JULY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1 KSHSAA Mandatory Off Period Designated Time Vacation/Family Time
2 KSHSAA Mandatory Off Period	3 KSHSAA Mandatory Off Period	4 KSHSAA Mandatory Off Period	5 KSHSAA Mandatory Off Period	6 KSHSAA Mandatory Off Period	7 KSHSAA Mandatory Off Period	8 KSHSAA Mandatory Off Period
9 KSHSAA Mandatory Off Period	10 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am	11 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am Offensive Install/Practice-9:30-10:30 am	12 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am Defensive Install/Practice-9:30-10:30 am	13 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am	14 <u>Weight / Conditioning at PHS:</u> All Boys-6:30 AM-8:00 AM All Girls = 9:00 – 10:30 am Recovery Routine	15 SHRINE BOWL Hays, KS Last Day for Coach Camps
16	17 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am	18 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am Offensive Install/Practice-9:30-10:30 am (GROUPS OF 6)	19 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am Defensive Install/Practice-9:30-10:30 am (GROUPS OF 6)	20 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am	21 <u>Weight / Conditioning at PHS:</u> All Boys-6:30 AM-8:00 AM All Girls = 9:00 – 10:30 am Recovery Routine	22
23	24 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am	25 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am Offensive Install/Practice-9:30-10:30 am (GROUPS OF 6)	26 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am Defensive Install/Practice-9:30-10:30 am (GROUPS OF 6)	27 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am	28 <u>Weight / Conditioning at PHS:</u> All Boys-6:30 AM-8:00 AM All Girls = 9:00 – 10:30 am Recovery Routine	29
30	31 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am	1	2	3	4	5

AUGUST 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am Offensive Install/Practice-9:30-10:30 am (GROUPS OF 6)	2 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am Defensive Install/Practice-9:30-10:30 am (GROUPS OF 6)	3 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am DRAGON CARD SALES! BLITZ THE TOWN	4 <u>Weight / Conditioning at PHS:</u> All Boys-6:30 AM-8:00 AM All Girls = 9:00 – 10:30 am Recovery Routine	5 DRAGON ALUMNI GOLF TOURNEY
6 MAX OUT WEEK!	7 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am BENCH & 40YD Dash	8 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am SQUAT & HT./WT.	9 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am INCLINE & VERT JUMP	10 <u>Weight / Conditioning at PHS:</u> SR/JR = 6:30 – 8:00 am SO/FR= 7:45 – 9:15 am All Girls = 9:00 – 10:30 am POWER CLEAN	11 <u>Weight / Conditioning at PHS:</u> All Boys-6:30 AM-8:00 AM All Girls = 9:00 – 10:30 am ANY MAKE UP MAXES!!!	12
13	14 1 st Day of Football Practice Helmets Only	15 Helmets Only	16 Helmets/Shoulder Pads-Controlled	17 1 st Day of School for Freshman Helmets/Shoulder Pads-Controlled	18 1 st Day of School Full Pad Practice	19 Saturday Scrimmage Freshman-8:00 AM Varsity-10:00 AM
20	21	22	23	24	25 Jamboree	26
27	28	29	30	31	1	2

Josh Lattimer-620-223-9494 Matt Butler-620-249-9487 Rob Cummings-620-875-3008 Trevor Elliott-620-249-1920 Jose Speer-417-622-2444 AJ Terry-620-249-2870 Matt Vaughn-620-687-3849 Kip Whiteley-918-533-3551 Garrett Wilson-903-517-2971 LC Davis-660-229-3384 Chris Popp-316-706-6412 Ashlen Riggs-620-750-0311

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 @ EMPORIA	2
3	4	5	6	7	8 HOME VS CHANUTE	9
10	11	12	13	14	15 @ LABETTE COUNTY	16
17	18	19	20	21	22 HOME VS FORT SCOTT	23
24	25	26	27	28	29 HOME VS PAOLA	30
1	2	3	4	5	6	7

October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 HOME VS INDY	7
8	9	10	11	12	13 @ SMITHVILLE, MO	14
15	16	17	18	19	20 @ WICHITA NORTH	21
22	23	24	25	26	27 1 ST ROUND PLAYOFFS	28
29	30	31	1	2	3	4

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3 REGIONALS	4
5	6	7	8	9	10 SECTIONALS	11
12	13	14	15	16	17 SUB STATE	18
19	20	21	22	23	24 STATE CHAMPIONSHIP	25
26	27	28	29	30	1	2