



# S-F Football – Spring & Summer Schedule

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

## Spring Practice Schedule

### Week 1

May 22<sup>nd</sup> – May 26<sup>th</sup> – 2:45 – 5:15p  
 \* May 22<sup>nd</sup> – PAC Senior Bowl 6p – S-F

### Week 2

May 30<sup>th</sup> - June 2<sup>nd</sup> – 2:45 – 5:15p  
 \* May 30<sup>th</sup> - RAM Buddies Practice  
 May 31<sup>st</sup> – Central York 7v7

### Week of June 5<sup>th</sup>

Lifting After Finals - TBD

### Week of June 12<sup>th</sup>

Monday, June 12<sup>th</sup> - Lifting / Speed & Agility 8-10:30a  
 Tuesday, June 13<sup>th</sup> - Lifting / Speed & Agility 8-10:30a  
 Thursday, June 15<sup>th</sup> – 11v11 Camp 8a – 3p (All)

### Week of June 19<sup>th</sup>

Monday, June 19<sup>th</sup> - Lifting / Speed & Agility 8-10:30a  
 Tuesday, June 20<sup>th</sup> - Lifting / Speed & Agility 8-10:30a  
 Thursday, June 22<sup>nd</sup> – Lifting / Speed & Agility 8-10:30a  
 Friday, June 23<sup>rd</sup> – PSU 7v7 / Big Man Camp (By Invite)

### Week of June 26<sup>th</sup>

YOUTH CAMP – M-Th 9a-12p  
 Monday, June 26<sup>th</sup> - - Lifting / Speed & Agility 8-10:30a  
 Tuesday, June 27<sup>th</sup> - Lifting / Speed & Agility 8-10:30a  
 Thursday, June 29<sup>th</sup> - Lifting / Speed & Agility 8-10:30a

### Week of July 3<sup>rd</sup>

Monday, July 3<sup>rd</sup> - Lifting / Speed & Agility 8-10:30a  
 Wednesday, July 5<sup>th</sup> - Lifting / Speed & Agility TBD  
 Thursday, July 6<sup>th</sup> - Lifting / Speed & Agility 8-10:30a

### Week of July 10<sup>th</sup>

Monday, July 10<sup>th</sup> - Lifting / Speed & Agility 8-10:30a  
 Tuesday, July 11<sup>th</sup> - Lifting / Speed & Agility 8-10:30a  
 Wednesday July 13<sup>th</sup> - Lifting / Speed & Agility 8-10:30a

### Week of July 17<sup>th</sup>

Monday, July 17<sup>th</sup> - Lifting / Speed & Agility 8-10:30a  
 Tuesday, July 18<sup>th</sup> - Lifting / Speed & Agility 8-10:30a  
 Thursday, July 20<sup>th</sup> - Leave for Team Camp at ESU  
 Friday, July 21<sup>st</sup> – ESU Team Camp  
 Saturday, July 22<sup>nd</sup> – Return from ESU Team Camp

### Week of July 24<sup>th</sup>

Monday, July 24<sup>th</sup> - Lifting / Speed & Agility 8-10:30a  
 Tuesday, July 25<sup>th</sup> - Lifting / Speed & Agility 8-10:30a  
 Thursday, July 26<sup>th</sup> - Lifting / Speed & Agility 8-10:30a

### Week of July 31<sup>st</sup>

Monday, July 31<sup>st</sup> - Lifting / Speed & Agility 8-10:30a  
 Tuesday, August 1<sup>st</sup> - Lifting / Speed & Agility 8-10:30a  
 \*Tuesday August 1<sup>st</sup> – Senior Poster Picture  
 Thursday, August 3<sup>rd</sup> – Lifting / Speed & Agility 8-10:30a

### Week of August 7<sup>th</sup> (Mandatory Practice)

M-F - Heat Acclimatization – 7 – 10a / Lifting 12 – 1p  
**Sunday, August 13<sup>th</sup>** - Spring-Ford Football Picnic TBD

### Week of August 14<sup>th</sup>

M-F - Three-A-Days 6a – 4p  
 Saturday – Scrimmage with West Chester Rustin - Home

 8/25 – Home 7p – Youth Night Governor Mifflin	 9/2 @ Ocean City, NJ 4p Father Judge	 9/8 – Away 7p Cumberland Valley
 9/15 – Away 7p Manheim Township	 9/22 – Away 7p Boyetown	 9/30 – Homecoming 2p Owen J Roberts
 10/6 – Home 7p Perkiomen Valley	 10/13 – Away 7p Methacton	 10/20 – Away 7p Norristown
 10/27 – Home 7p – Senior Night TBD – PAC Crossover		

Youth Night – Governor Mifflin  
 Senior Night – PAC Crossover  
 Homecoming / Mother’s Brunch – OJ  
 Father’s VIP - PV