

JULY 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	3 OFF	4 OFF	5 OFF	6 OFF	7 OFF	8
9	10 MMS Workout 6-8	11	12	13 MMS Workout 6-8	14	15
16	17 NCHSAA DEAD WEEK	18	19	20	21	22
23	24 MMS Workout 6-8	25	26	27 MMS Workout 6-8	28	29
30	31 MMS Workout 6-8					

Head Coach: Tate Campbell
Tate_Campbell@catawbaschools.net



MAIDEN MIDDLE SCHOOL FOOTBALL
SUMMER WORKOUTS 2023

AUGUST 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	31 MMS Workout 6-8	1	2	3 MMS Workout 6-8	4	5
6	7 Mini Camp 6 - 8	8 Mini Camp 6 - 8	9 Mini Camp 6 - 8	10 OFF	11	12
13	14 1st Day of Practice 6 - 8	15 Practice 6 - 8	16 Practice 6 - 8	17 Practice 6 - 8	18 Practice 6 - 8	19
20	21 Practice 6 - 8	22 Practice 6 - 8	23 Practice 6 - 8	24 Practice 6 - 8	25 Practice 6 - 8	26
27	28 1st Day of School Practice 3:30 - 5:30	29 Practice 3:30 - 5:30	30 Practice 3:30 - 5:30	31 Practice 3:30 - 5:30		

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