

May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 6:30am-7:30am Weights and conditioning	2	3 6:30am-7:30am Weights and conditioning	4	5 6:30am-7:30am Weights and conditioning	6
7	8 6:30am-7:30am Weights and conditioning	9	10 6:30am-7:30am Weights and conditioning	11 Graduation Day	12 6:30am-7:30am Weights and conditioning	13
14	15 6:30am-7:30am Weights and conditioning	16	17 6:30am-7:30am Weights and conditioning	18	19 6:30am-7:30am Weights and conditioning	20
21	22 Youth Coaches Clinic & High School Football Parent Meeting (High School Activity Room)	23	24	25	26	27
28	29 Memorial Day Off	30 Weights and conditioning for all Strafford athletes 7am to 9:30am	31 Skill Day/Leadership class 7am-9am			

May 8th -10th

Middle/Elementary Sports Camps

1st-4th 3:30pm-5PM

5th-7th 5pm-6:30PM

May 22th-24th @ 5:30 - 8pm = Youth Coaches Clinic and (May 22nd High Football Parent Meeting). High School Activity room.

June 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Weights and conditioning for all Strafford athletes 7am to 9:30am	2 High School Football MOM's meeting Where: High School Activity room Time:5:30PM-6:30PM	
	5 Weights and conditioning for all Strafford athletes 7am to 9:30am 7 on 7 @ Lebanon High School 6pm-8pm	6 Weights and conditioning for all Strafford athletes 7am to 9:30am	7 Skill Day/Leadership class 7am-9am	8 Weights and conditioning for all Strafford athletes 7am to 9:30am	9	
	12 Weights and conditioning for all Strafford athletes 7am to 9:30am 7 on 7 @ Rogersville 6pm-8PM	13 Weights and conditioning for all Strafford athletes 7am to 9:30am	14 Skill Day/Leadership class 7am-9am	15 Weights and conditioning for all Strafford athletes 7am to 9:30am	16	
	19 Weights and conditioning for all Strafford athletes 7am to 9:30am 7 on 7 @Ozark 6pm-8PM	20 Weights and conditioning for all Strafford athletes 7am to 9:30am	21 Skill Day/Leadership class 7am-9am	22 Weights and conditioning for all Strafford athletes 7am to 9:30am Route 66 Air Attack 7v7 Tournament @ Allison SportsTown 5pm-11:59pm	23	
	26 Weights and conditioning for all Strafford athletes 7am to 9:30am 7 on 7 @ Rogersville 6pm	27 Weights and conditioning for all Strafford athletes 7am to 9:30am	28 Skill Day/Leadership class 7am-9am	29 Weights and conditioning for all Strafford athletes 7am to 9:30am 7 on 7 Tour. @ Parkview	30 High School Football DAD's meeting Where: High School Activity room Time:5:30PM-6:30PM	

July 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3. Weight and Conditioning Closed	4 Closed	5 Skill Day/Leadership class 7am-9am Check out Shoulder Pads/ Helmets	6 Weights and conditioning for all Strafford athletes 7am to 9:30am Check out pants/jersey	7 Weight room Close	
	10 High School Football Camp I 7am -10am Weights and condition 9am -10am	11 High School Football Camp I 7am -10am Weights and condition 9am-10am Lineman Challenge 5:30-7:30	12 High School Football Camp I 7am -10am Weights and condition 9am-10am	13 High School Football Camp I 7am -10am Weights and condition 9am-10am	14 High School Football Camp I 7am -10am	
	17 High School Football Camp II 7am -10am Weights and condition 9am -10am	18 High School Football Camp II 7am -10am Weights and Condition 9am-10am	19 High School Football Camp II 7am -10am Weights and condition 9am-10am	20 High School Football Camp II 7am -10am Weights and condition 9am-10am	21 High School Football Camp II 7am -10am	22 Father/Son Bonding TBA
	24 Review for Evangel camp 9am Weights and condition 7am-8:30am	25 Review for Evangel Camp 9am Weights and condition 7am-8:30am	26 Team Meeting Review over Team Handbook And Picking captains 9am Weights and Condition 7am-8:30am	27 Evangel Camp 8am-Noon Weight room Close	28 Evangel Camp 8am-Noon Weight room Close	29 Dead Week Starts
30 Dead Period	31 Dead Period					

August 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Dead Period	2 Dead Period	3 Dead Period	4 Dead Period	5 Dead Period
6 Dead Period	7 3&1 Practice PRACTICE 7:00am– 10:00am BREAK-10:00-11:00 Walk throughs or FILM	8 3 &1 Practice PRACTICE 7:00am– 10:00am BREAK-10:00-11:00 Walk throughs or FILM	9 3 &1 Practice PRACTICE 7:00am– 10:00am BREAK-10:00-11:00 Walk throughs or FILM	10 3 &1 Practice PRACTICE 7:00am– 10:00am BREAK-10:00-11:00 Walk throughs or FILM	11 3 &1 Practice PRACTICE 7:00am– 10:00am BREAK-10:00-11:00 Walk throughs or FILM	12 Maroon & White Scrimmage 6pm
13	14 REGULAR PRACTICE TIME 3:25PM-5:30PM	15 REGULAR PRACTICE TIME 3:25PM-5:30PM	16 Walk – Through 3:15 – 4:30 Team Picture Day?? 4:30-5:15PM	17 REGULAR PRACTICE TIME 3:25PM-5:30PM	18 Jamboree@ TBA 7 pm	19 Varsity Film/ Walk Though 9-10:30 am
20	21 REGULAR PRACTICE TIME 3:25PM-5:30PM	22 REGULAR PRACTICE TIME 3:25PM-5:30PM	23 Walk – Through 3:15 – 4:30	24 REGULAR PRACTICE TIME 3:25PM-5:30PM	25 1 st Game	26 Varsity Film/ Walk Though 9-10:30 am
27	28 REGULAR PRACTICE TIME 3:25PM-5:30PM	29 REGULAR PRACTICE TIME 3:20PM-5:30PM	30 Walk – Through 3:15 – 4:30	31 REGULAR PRACTICE TIME 3:25PM-5:30PM		

September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 2 nd Game	2 Varsity Film/ Walk Though 9-10:30 am
3	4 LABOR DAY PRACTICE TIME 10:00 -12:30 Pm	5 REGULAR PRACTICE TIME 3:20PM-5:30PM JV Game	6 Walk – Through 3:15 – 4:30	7 REGULAR PRACTICE TIME 3:20PM-5:30PM	8 3 Game Day	9 Varsity Film/ Walk Though 9-10:30 am
10	11 JV Game REGULAR PRACTICE TIME 3:20PM-5:30PM	12 REGULAR PRACTICE TIME 3:20PM-5:30PM	13 Walk – Through 3:15 – 4:30	14 REGULAR PRACTICE TIME 3:20PM-5:30PM	15 4 Game Day	16 Varsity Film/ Walk Though 9-10:30 am
17	18 JV Game REGULAR PRACTICE TIME 3:20PM-5:30PM	19 REGULAR PRACTICE TIME 3:20PM-5:30PM	20 Walk – Through 3:15 – 4:30	21 REGULAR PRACTICE TIME 3:20PM-5:30PM	22 5 Game Day	23 Varsity Film/ Walk Though 9-10:30 am
24	25 REGULAR PRACTICE TIME 3:20PM-5:30PM	26 REGULAR PRACTICE TIME 3:20PM-5:30PM	27 Walk – Through 3:15 – 4:30	28 REGULAR PRACTICE TIME 3:20PM-5:30PM	29 Game 6	30 Varsity Film/ Walk Though 9-10:30 am

October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 JV Game REGULAR PRACTICE TIME 3:20PM-5:30PM	3 REGULAR PRACTICE TIME 3:20PM-5:30PM	4 Walk – Through 3:15 – 4:30	5 REGULAR PRACTICE TIME 3:20PM-5:30PM	6 Game 7	7 Film 9-10:30 am Varsity Film/ Walk Though
8	9 JV Game REGULAR PRACTICE TIME 3:20PM-5:30PM	10 REGULAR PRACTICE TIME 3:20PM-5:30PM	11 Walk – Through 3:15 – 4:30	12 REGULAR PRACTICE TIME 3:20PM-5:30PM	13 Game 8	14 Film 9-10:30 am Varsity Film/ Walk Though
15	16 JV Game REGULAR PRACTICE TIME 3:20PM-5:30PM	17 REGULAR PRACTICE TIME 3:20PM-5:30PM	18 Walk – Through 3:15 – 4:30	19 REGULAR PRACTICE TIME 3:20PM-5:30PM	20 Game 9	21 Film 9-10:30 am Varsity Film/ Walk Though
22	23 JV Game REGULAR PRACTICE TIME 3:20PM-5:30PM	24 REGULAR PRACTICE TIME 3:20PM-5:00PM	25 Walk – Through 3:15 – 4:30	26 REGULAR PRACTICE TIME 3:20PM-5:30PM	27 1 st round District Playoffs TBA	28 Film 9-10:30 am Varsity Film/ Walk Though

These dates could change if MSHSAA changes the dates for playoffs

November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30 REGULAR PRACTICE TIME 3:20PM-5:00PM	31 REGULAR PRACTICE TIME 3:20PM-5:00PM	1 Walk – Through 3:15 – 4:30	2 REGULAR PRACTICE TIME 3:20PM-5:30PM	3 2 nd round Districts Playoffs TBA	4 Film 9-10:30 am Varsity Film/ Walk Though
5	6 REGULAR PRACTICE TIME 3:20PM-5:00PM	7 REGULAR PRACTICE TIME 3:20PM-5:00PM	8 Walk – Through 3:15 – 4:30	9 REGULAR PRACTICE TIME 3:20PM-5:30PM	10 District Championships	11 Film 9-10:30 am Varsity Film/ Walk Though
12	13 Film 3:20PM-5:00PM Varsity Film/ Walk though	14 REGULAR PRACTICE TIME 3:20PM-5:00PM	15 REGULAR PRACTICE TIME 3:20PM-5:00PM	16 Walk – Through 3:15 – 4:30	17 REGULAR PRACTICE TIME 3:20PM-5:30PM	18 Quarterfinals TBA
19	20 Film 3:20PM-5:00PM Varsity Film/ Walk Though	21 REGULAR PRACTICE TIME 3:20PM-5:00PM	22 REGULAR PRACTICE TIME 3:20PM-5:00PM	23 Walk – Through 3:15 – 4:30	24 REGULAR PRACTICE TIME 3:20PM-5:30PM	25 Semifinals
26	27 Film 3:20PM-5:00PM Varsity Film/ Walk Though	28 REGULAR PRACTICE TIME 3:20PM-5:00PM	29 REGULAR PRACTICE TIME 3:20PM-5:00PM	30 REGULAR PRACTICE TIME 3:20PM-5:30PM		

December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	1 Walk – Through 3:15 – 4:30	2 State Finals