

May 2024

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 6:30am-7:30am Weights and conditioning Middle/Elementary Sports Camps	7 Middle/Elementary Sports Camps	8 6:30am-7:30am Weights and conditioning Middle/Elementary Sports Camps	9 Graduation Day	10 6:30am-7:30am Weights and conditioning	11
12	13 6:30am-7:30am Weights and conditioning	14	15 6:30am-7:30am Weights and conditioning	16	17 6:30am-7:30am Weights and conditioning	18
19	20 Youth Coaches Clinic & High School Football 9th Grade Parent Meeting (High School Activity Room)	21 High School Football 10th Grade Parent Meeting (High School Activity Room)	22 High School Football 11th Grade Parent Meeting (High School Activity Room)	23	24	25
26	27 Memorial Day Off	28 Weights and conditioning for all Strafford athletes 7am to 9:30 am	29 Skill Day/Leadership class 7am-9am	30 7:00am-9:30am Weights and conditioning	31	

May 6th -8th
 Middle/Elementary Sports Camps
 1st-4th 3:30pm-5PM
 5th-7th 5pm-6:30PM

May 20th-22th @ 5:30 - 8pm = Youth Coaches Clinic and (May 22nd High Football Parent Meeting). High School Activity room. 9th grade parents 20th 5:30 to 6:00, 10th Grade parents 21st 5:30 to 6:00 and 11 grade parents 21st from 5:30 to 6:00

June 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	<p>3</p> <p>Weights and conditioning for all Strafford athletes 7am to 9:30am</p> <p>7 on 7 @ Lebanon High School 6pm-8pm</p>	<p>4</p> <p>Weights and conditioning for all Strafford athletes 7am to 9:30am</p>	<p>5</p> <p>Skill Day/Leadership class 7am-9am</p>	<p>6</p> <p>Weights and conditioning for all Strafford athletes 7am to 9:30am</p>	7	
	<p>10</p> <p>Weights and conditioning for all Strafford athletes 7am to 9:30am 7 on 7 @ Rogersville 6pm-8PM</p>	<p>11</p> <p>Weights and conditioning for all Strafford athletes 7am to 9:30am</p>	<p>12</p> <p>Skill Day/Leadership class 7am-9am</p>	<p>13</p> <p>Weights and conditioning for all Strafford athletes 7am to 9:30am</p>	14	
	<p>17</p> <p>Weights and conditioning for all Strafford athletes 7am to 9:30am 7 on 7 @ Lebanon 6pm-8PM</p>	<p>18</p> <p>Weights and conditioning for all Strafford athletes 7am to 9:30am</p>	<p>19</p> <p>Skill Day/Leadership class 7am-9am</p>	<p>20</p> <p>Weights and conditioning for all Strafford athletes 7am to 9:30am Route 66 Air Attack 7v7 Tournament @ Allison SportsTown 5pm-11:59pm</p>	21	
	<p>24</p> <p>Weights and conditioning for all Strafford athletes 7am to 9:30am 7 on 7 @ Lebanon 6pm</p>	<p>25</p> <p>Weights and conditioning for all Strafford athletes 7am to 9:30am</p>	<p>26</p> <p>Skill Day/Leadership class 7am-9am</p>	<p>27</p> <p>Weights and conditioning for all Strafford athletes 7am to 9:30am</p>	<p>28</p> <p>High School Football DAD's meeting Where: High School Activity room Time:5:30PM-6:30PM</p>	

July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
	1. Weight and Conditioning Closed	2 Closed	3 Closed	4 Closed	5 Weight room Close	
	8 High School Football Camp I 7am -10am Weights and condition 9am -10am	9 High School Football Camp I 7am -10am Weights and condition 9am-10am	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	12 High School Football Camp I 7am -10am Weights and condition 9am-10am	
	15 High School Football Camp II 7am -10am Weights and condition 9am -10am	16 High School Football Camp II 7am -10am Weights and condition 9am -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	
	22 Testing out Bench/ 40 yard dash	23 Testing out Squats/5-10-5	24 Leadership class	25 225 Power Club	26 100% Steak Eater Club 39 Day Possible	27 Father/Son Bonding TBA
	29 Review for Evangel camp 9am Weights and condition 7am-8:30am	30 Review for Evangel Camp 9am Weights and condition 7am-8:30am	31 Team Meeting Review over Team Handbook And Picking captains 9am Weights and Condition 7am-8:30am	1 Evangel Camp 8am-Noon Weight room Close	2 Evangel Camp 8am-Noon Weight room Close	3 Dead Week Starts

August 2024

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

September 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	2 LABOR DAY PRACTICE TIME 10:00 -12:30 Pm	3 REGULAR PRACTICE TIME 3:20PM-5:30PM JV Game	4 Walk – Through 3:15 – 4:30	5 REGULAR PRACTICE TIME 3:25PM-5:30PM	6 2 nd Game	7 Varsity Film/ Walk Though 9-10:30 am
8	9 REGULAR PRACTICE TIME 3:25PM-5:30PM JV Game	10 REGULAR PRACTICE TIME 3:20PM-5:30PM	11 Walk – Through 3:15 – 4:30	12 REGULAR PRACTICE TIME 3:20PM-5:30PM	13 3 Game Day	14 Varsity Film/ Walk Though 9-10:30 am

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 4 Game Day	21 Varsity Film/ Walk Though 9-10:30 am
22	23 JV Game REGULAR PRACTICE TIME 3:20PM-5:30PM	24 REGULAR PRACTICE TIME 3:20PM-5:30PM	25 Walk – Through 3:15 – 4:30	26 REGULAR PRACTICE TIME 3:20PM-5:30PM	27 5 Game Day	28 Varsity Film/ Walk Though 9-10:30 am
29	30 REGULAR PRACTICE TIME 3:20PM-5:30PM					

October 2024

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

November 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 1 st round District Playoffs TBA	2 Film 9-10:30 am Varsity Film/ Walk Though
	4 REGULAR PRACTICE TIME 3:20PM-5:00PM	5 REGULAR PRACTICE TIME 3:20PM-5:00PM	6 Walk – Through 3:15 – 4:30	7 REGULAR PRACTICE TIME 3:20PM-5:30PM	8 2 nd round Districts Playoffs TBA	9 Film 9-10:30 am Varsity Film/ Walk Though

	11 REGULAR PRACTICE TIME 3:20PM-5:00PM	12 REGULAR PRACTICE TIME 3:20PM-5:00PM	13 Walk – Through 3:15 – 4:30	14 REGULAR PRACTICE TIME 3:20PM-5:30PM	15 District Championships	16 Film 9-10:30 am Varsity Film/ Walk Though
	18 Film 3:20PM-5:00PM Varsity Film/ Walk though	19 REGULAR PRACTICE TIME 3:20PM-5:00PM	20 REGULAR PRACTICE TIME 3:20PM-5:00PM	21 Walk – Through 3:15 – 4:30	22 REGULAR PRACTICE TIME 3:20PM-5:30PM	23 Quarterfinals TBA
	25 Film 3:20PM-5:00PM Varsity Film/ Walk Though	26 REGULAR PRACTICE TIME 3:20PM-5:00PM	27 REGULAR PRACTICE TIME 3:20PM-5:00PM	28 Walk – Through 3:15 – 4:30	29 REGULAR PRACTICE TIME 3:20PM-5:30PM	30 Semifinals

December 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Film 3:20PM-5:00PM Varsity Film/ Walk Though	3 REGULAR PRACTICE TIME 3:20PM-5:00PM	4 REGULAR PRACTICE TIME 3:20PM-5:00PM	5 REGULAR PRACTICE TIME 3:20PM-5:30PM	6 1 Walk – Through 3:15 – 4:30	7 State Finals