



S-F Football – Spring & Summer Schedule

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

Spring Practice Schedule

Week 1

May 20th – May 24th – 2:45 – 5:15p

*May 21st – RAM Buddies Practice

Week 2

May 28th - May 31st – 2:45 – 5:15p

*May 26th – Big 33 Game @ CV – Luke Ellor

*May 30th – 7v7 at Spring-Ford (MT, CY, SH)

Week of June 3rd

*June 3rd – PAC Senior Bowl 6p @PV

S-F Lifting After Finals - TBD

Week of June 10th

Monday, June 10th - Lifting / Speed & Agility 8-10:30a

Tuesday, June 11th - Lifting / Speed & Agility 8-10:30a

Thursday, June 13th – 11v11 Camp 8a – 3p (All)

Week of June 17th

Monday, June 17th - Lifting / Speed & Agility 8-10:30a

Tuesday, June 18th - Lifting / Speed & Agility 8-10:30a

Thursday, June 20th – Lifting / Speed & Agility 8-10:30a

Friday, June 21st – PSU 7v7 / Big Man Camp (By Invite)

Week of June 24th

YOUTH CAMP – M-Th 9a-12p

Monday, June 24th - - Lifting / Speed & Agility 8-10:30a

Tuesday, June 25th - Lifting / Speed & Agility 8-10:30a

Thursday, June 27th - Lifting / Speed & Agility 8-10:30a

Week of July 1st

Monday, July 1st - Lifting / Speed & Agility 8-10:30a

Tuesday, July 2nd - Lifting / Speed & Agility 8-10:30a

Wednesday, July 3rd - Lifting / Speed & Agility 8-10:30a

Week of July 8th

Monday, July 8th - Lifting / Speed & Agility 8-10:30a

Tuesday, July 9th - Lifting / Speed & Agility 8-10:30a

Wednesday July 11th - Lifting / Speed & Agility 8-10:30a

Week of July 15th

Monday, July 15th - Lifting / Speed & Agility 8-10:30a

Tuesday, July 16th - Lifting / Speed & Agility 8-10:30a

Thursday, July 17th - Leave for Team Camp at ESU

Friday, July 18th – ESU Team Camp

Saturday, July 20th – Return from ESU Team Camp

Week of July 22nd

Monday, July 22nd - Lifting / Speed & Agility 8-10:30a

Tuesday, July 23rd - Lifting / Speed & Agility 8-10:30a

Thursday, July 25th - Lifting / Speed & Agility 8-10:30a

Week of July 29th

Monday, July 29th - Lifting / Speed & Agility 8-10:30a

Tuesday, July 30th - Lifting / Speed & Agility 8-10:30a

*Tuesday July 30th – Senior Poster Picture 11a

Thursday, August 1st – Lifting / Speed & Agility 8-10:30a

Week of August 5th (Mandatory Practice)

M-F - Heat Acclimatization – 7 – 10a / Lifting 12 – 1p

Sunday, August 11th - Spring-Ford Football Picnic TBD

Week of August 12th

M-F - Three-A-Days 6a – 4p

Saturday – Scrimmage with West Chester Rustin - Away



Youth Night – Norristown

Senior Night – Methacton

Homecoming / Mother’s Brunch – OJ

Father’s VIP - Boyertown