



# JUNE 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	29 Memorial Day - No Football Events	30 6:30am Morning Strength & Conditioning - No Freshman 11:30am Lunch Strength & Conditioning - No Freshman 6pm Spring Sports Awards	31 6:30am Morning Strength & Conditioning - No Freshman 5:30pm Evening Strength & Conditioning - No Freshman 7pm Freshman Weight Room Orientation	1 6:30am Morning Strength & Conditioning - No Freshman 5:30pm Evening Strength & Conditioning - No Freshman 7pm Freshman Weight Room Orientation	2 6:30am Morning Strength & Conditioning - No Freshman 2pm Afternoon S&C	3 6:30am Morning Strength & Conditioning - No Freshman 10am Community Service
5 6:30am Morning S&C 2:45pm Afternoon S&C 4pm Mini Camp 1	6 6:30am Morning S&C 2:45pm Afternoon S&C 4pm Mini Camp 1	7 6:30am Morning S&C 2:45pm Afternoon S&C 4pm Mini Camp 1	8 4pm Mini Camp 1	9 6:30am Morning S&C 2:45pm Afternoon S&C 4pm Mini Camp 1	10 4pm Mini Camp 1	11
12 6:30am Morning S&C 2:45pm Afternoon S&C 4pm Mini Camp 2	13 6:30am Morning S&C 2:45pm Afternoon S&C 4pm Mini Camp 2	14 6:30am Morning S&C 2:45pm Afternoon S&C 4pm Mini Camp 2	15 4pm Mini Camp 2	16 6:30am Morning S&C 2:45pm Afternoon S&C 4pm Mini Camp 2	17 4pm Mini Camp 2	18
19 6:30am Morning S&C 5:30pm Afternoon S&C	20 6:30am Morning S&C 5:30pm Afternoon S&C	21 6:30am Morning S&C 5:30pm Afternoon S&C	22 6:30am Morning S&C 5:30pm Afternoon S&C	23 6:30am Morning S&C 5:30pm Afternoon S&C	24 6:30am Morning S&C 3:30pm Afternoon S&C	25
26 6:30am Morning S&C 5:30pm Afternoon S&C	27 6:30am Morning S&C 5:30pm Afternoon S&C	28 6:30am Morning S&C 5:30pm Afternoon S&C	29 6:30am Morning S&C 5:30pm Afternoon S&C	30 6:30am Morning S&C 5:30pm Afternoon S&C	31	2
3 9am 4th of July Parade	4 Captains Workouts Time TBD	5 Captains Workouts Time TBD	6 Captains Workouts Time TBD	7 Captains Workouts Time TBD	8 Captains Workouts Time TBD	9



# JULY 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	1	2
6:30am Morning S&C 5:30pm Afternoon S&C	6:30am Morning S&C 5:30pm Afternoon S&C	6:30am Morning S&C 5:30pm Afternoon S&C	6:30am Morning S&C 5:30pm Afternoon S&C	6:30am Morning S&C 5:30pm Afternoon S&C	6:30am Morning S&C 5:30pm Afternoon S&C	
3	4	5	6	7	8	9
9am 4th of July Parade	Captains Workouts Time TBD	Captains Workouts Time TBD	Captains Workouts Time TBD	Captains Workouts Time TBD	Captains Workouts Time TBD	
10	11	12	13	14	15	16
4pm Mini Camp 3 5:30pm Youth Football Camp	4pm Mini Camp 3 5:30pm Youth Football Camp	4pm Mini Camp 3 5:30pm Youth Football Camp	4pm Mini Camp 3 5:30pm Youth Football Camp	4pm Mini Camp 3	4pm Mini Camp 3	
17	18	19	20	21	22	23
4pm Mini Camp 4	4pm Mini Camp 4	4pm Mini Camp 4	4pm Mini Camp 4	4pm Mini Camp 4	9am Camp Carlinville	
24	25	26	27	28	29	30
Camp Carlinville 6:30am Morning S&C 5:30pm Afternoon S&C	6:30am Morning S&C 5:30pm Afternoon S&C	6:30am Morning S&C 5:30pm Afternoon S&C	6:30am Morning S&C 5:30pm Afternoon S&C	9:15am Coach Riz Team Building	6:30am Morning S&C 2pm Afternoon S&C	
31	1	2	3	4	5	6