



# JUNE

# 2026

| SUN | MON   | TUE  | WED  | THU   | FRI                                | SAT |
|-----|---|--|--|---|------------------------------------|-----|
|     | 1   | 2  | 3  | 4<br>LAST DAY OF SCHOOL   | 5                                  | 6   |
| 7   | 8<br>Speed and Strength<br>7:30am - 9:30 am                               | 9<br>Speed and Strength<br>7:30am - 9:30 am  | 10<br>Speed and Strength<br>7:30am - 9:30 am<br>7 V 7<br>12:00 PM - 1:30 PM<br>@Simley | 11<br>Speed and Strength<br>7:30am - 9:30 am                              | 12                                 | 13  |
| 14  | 15<br>Speed and Strength<br>7:30am - 9:30 am                              | 16<br>Speed and Strength<br>7:30am - 9:30 am | 17<br>Speed and Strength<br>7:30am - 9:30 am<br>7 V 7<br>9:45 am - 10:45 am            | 18<br>Speed and Strength<br>7:30am - 9:30 am                              | 19<br>NO ACTIVITIES-<br>JUNETEENTH | 20  |
| 21  | 22<br>Speed and Strength<br>7:30am - 9:30 am<br>Youth 5 V 5<br>12:45-1:45 | 23<br>Speed and Strength<br>7:30am - 9:30 am | 24<br>Speed and Strength<br>7:30am - 9:30 am<br>7 V 7<br>9:45 am - 10:45 am            | 25<br>Speed and Strength<br>7:30am - 9:30 am<br>Youth 5 V 5<br>12:45-1:45 | 26                                 | 27  |
| 28  | 29<br>Speed and Strength<br>7:30am - 9:30 am<br>Youth 5 V 5<br>12:45-1:45 | 30<br>Speed and Strength<br>7:30am - 8:30 am |  |   |                                    |     |



# JULY

# 2026

| SUN       | MON  | TUE  | WED  | THU   | FRI                                 | SAT       |
|-----------|--|--|--|---|-------------------------------------|-----------|
|           |  |  | <b>Speed and Strength</b><br>7:30am - 9:30 am<br><br><b>7 V 7</b><br>12:00 PM - 1:30 PM<br>@Simley<br><b>1</b>                           | <b>Speed and Strength</b><br>7:30am - 9:30 am<br><br><b>Youth 5 V 5</b><br>12:45-1:45<br><b>2</b>                               | <b>3</b>                            | <b>4</b>  |
| <b>5</b>  | <b>No Contact Week</b><br><b>6</b>   | <b>No Contact Week</b><br><b>7</b>   | <b>No Contact Week</b><br><b>8</b>   | <b>No Contact Week</b><br><b>9</b>  | <b>No Contact Week</b><br><b>10</b> | <b>11</b> |
| <b>12</b> | <b>REGISTRATION OPENS</b><br><b>Speed and Strength</b><br>7:30am - 9:30 am<br><b>13 Golf Tournament</b><br>TBD                               | <b>Speed and Strength</b><br>7:30am - 9:30 am<br><br><b>Practice #1</b><br>(Offense)<br><b>14 9:45 am - 11:45</b>                            | <b>Speed and Strength</b><br>7:30am - 9:30 am<br><br><b>Practice #2</b><br>(Defense)<br><b>15 9:45 am - 11:45</b>                        | <b>Speed and Strength</b><br>7:30am - 9:30 am<br><br><b>Youth 5 V 5</b><br>12:45-1:45<br><b>16</b>                              | <b>17</b>                           | <b>18</b> |
| <b>19</b> | <b>Speed and Strength</b><br>7:30am - 8:30 am<br><br><b>Youth 5 V 5</b><br>12:45-1:45<br><b>20</b>   | <b>Speed and Strength</b><br>7:30am - 9:30 am<br><br><b>Practice #3</b><br>(Offense)<br><b>21 9:45 am - 11:45</b>                            | <b>Speed and Strength</b><br>7:30am - 9:30 am<br><br><b>Practice #4</b><br>(Defense)<br><b>22 9:45 am - 11:45</b>                        | <b>Speed and Strength</b><br>7:30am - 9:30 am<br><br><b>Youth 5 V 5</b><br>12:45-1:45<br><b>23</b>                              | <b>24</b>                           | <b>25</b> |
| <b>26</b> | <b>Speed and Strength</b><br>7:30am - 9:30 am<br><b>Practice #5</b><br>(Defense)<br>9:45 am - 11:40<br><b>27 3-5 Youth Camp</b><br>5:30-7:30 | <b>Speed and Strength</b><br>7:30am - 9:30 am<br><b>Practice #6</b><br>(Offense)<br>9:45 am - 11:45<br><b>28 3-5 Youth Camp</b><br>5:30-7:30 | <b>Speed and Strength</b><br>7:30am - 9:30 am<br><b>Practice #7</b><br>(O/D)<br>9:45 am - 11:45<br><b>29 6-8 Youth Camp</b><br>5:30-7:30 | <b>Speed and Strength</b><br>7:30am - 9:30 am<br><b>Practice #8 V. Eastview</b><br>TBD<br><b>30 6-8 Youth Camp</b><br>5:30-7:30 | <b>31</b>                           |           |



# AUGUST

# 2026

| SUN | MON   | TUE   | WED   | THU   | FRI                           | SAT |
|-----|---|---|---|---|-------------------------------|-----|
|     |   |   |   |   |                               | 1   |
| 2   | 3<br>OFF<br>OPTIONAL LIFT<br>FOR PLAYERS<br>7:30-9:30 | 4<br>OFF<br>OPTIONAL LIFT<br>FOR PLAYERS<br>7:30-9:30 | 5<br>OFF<br>OPTIONAL LIFT<br>FOR PLAYERS<br>7:30-9:30 | 6<br>OFF<br>OPTIONAL LIFT<br>FOR PLAYERS<br>7:30-9:30 | 7                             | 8   |
| 9   | 10<br>OFF   | 11<br>OFF   | 12<br>OFF   | 13<br>OFF   | 14                            | 15  |
|     | Practice (Helmets)<br>7:30-10:30                      | Practice (Helmets)<br>7:30-10:30                      | Practice (Shells)<br>7:30-10:30                       | Practice (Shells)<br>7:30-10:30                       | Practice (Full)<br>7:30-10:30 |     |
| 16  | [REDACTED]  |   |   |   |                               |     |
| 23  |   |   |   |   |                               |     |
| 30  |   |   |   |   |                               |     |