



# 2026 Notre Dame Academy Football Summer Schedule

*Faith, Family, Fundamentals, Football*

## Lifting and Conditioning

- May 7 and 12 6pm - Freshmen Weightroom Orientation. Only need to attend one session.
- May 27/28 Speed and Fitness testing – all returning players. Summer Equipment Handout
- June 1 – July 24 Weightlifting and Speed Workouts (M,Tu,Th,F) – Led by AJ Giovanetti and Bellin  
Additional Open Gym/Turf sessions will be scheduled throughout the summer

### Workout Times

	Monday	Tue	Wed	Thur	Fri
All Players	7am – 9am	9am – 11am		7am – 9am	7am – 9am

July 3 No Workouts

July 26 – Aug 3 No organized activities

## Football Specific Activity

There will be training opportunities including individual drills, 7 on 7 practice, and others. Dates and times will be posted on the website.

There will be five summer practices on July 8, 13, 15, 20, 22. Practices will be in the late afternoon.

## Communication

All communication will be managed through the website, [ndafootball.com](http://ndafootball.com). Please register for the 2026 season to be added to the communication list. The registration will be open in early May.

The website will have links to the team apparel store to order cleats, gloves, etc.

The calendar on the website will have all activities listed per team (Varsity, JV, Freshmen). We recommend linking your personal calendar (Google, Outlook, etc.) using iCal. Instructions are available on the website

## Additional Dates

June 8– 11	Youth Camp – 12:30 pm – 3:30 pm. Freshmen encouraged to attend as campers. Upperclassmen needed for volunteer assistants
July 11	Varsity – Packers 11 On Event + Lineman Competition
July 18	Varsity - Midwest Elite 7 on 7 Tournament (West De Pere)
July 24	Last Summer Workout
August 4	Equipment Pick Up and First Day of Practice
August 14	Scrimmage at Appleton East (Varsity and JV)
August 21	Beat Neenah