**Hazelwood West Football Summer Practice Schedule**

**May**

**Sunday Monday Tuesday Wednesday Thursday Friday Saturday**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **1**  **\*Weightlifting**  **5:30-7:00**  **Extra workout or Makeup day** | **2**  **Weightlifting**  **5:30-7:00** | **3**  **Weightlifting**  **5:30-7:00** | **4**  **Weightlifting**  **5:30-7:00** | **5** | **6** |
| **7** | **8**  **\*Weightlifting**  **5:30-7:00**  **Extra workout or Makeup day** | **9**  **Weightlifting**  **5:30-7:00** | **10**  **Weightlifting**  **5:30-7:00** | **11**  **Weightlifting**  **5:30-7:00** | **12** | **13** |
| **14** | **15**  **\*Weightlifting**  **5:30-7:00**  **Extra workout or Makeup day** | **16**  **Weightlifting**  **2:40-4:15** | **17**  **Weightlifting**  **2:40-4:15** | **18**  **Weightlifting**  **2:40-4:15** | **19** | **20** |
| **21** | **22** | **23** | **24**  **Finals** | **25**  **Finals** | **26**  **Finals** | **27** |
| **28** | **29**  **Weightlifting**  **1:00-3:00** | **30**  **Weightlifting**  **1:00-3:00**  **Practice**  **3:40-5:30** | **31**  **Weightlifting**  **1:00-3:00** |  |  |  |

**June**

**Sunday Monday Tuesday Wednesday Thursday Friday Saturday**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | **1**  **Weightlifting**  **1:00-3:00**  **Practice**  **3:40-5:30** | **2** | **3** |
| **4** | **5**  **Weightlifting**  **1:00-3:00** | **6**  **Weightlifting**  **1:00-3:00**  **Practice**  **3:40-5:30** | **7**  **Weightlifting**  **1:00-3:00** | **8**  **Weightlifting**  **1:00-3:00**  **Practice**  **3:40-5:30** | **9** | **10** |
| **11** | **12**  **Weightlifting**  **1:00-3:00** | **13**  **Weightlifting**  **1:00-3:00**  **Practice**  **3:40-5:30** | **14**  **Weightlifting**  **1:00-3:00** | **15**  **Weightlifting**  **1:00-3:00**  **Practice**  **3:40-5:30** | **16**  **East/Central Camp**  **Time: TBD** | **17**  **East/Central Camp**  **Time: TBD** |
| **18** | **19**  **Weightlifting**  **1:00-3:00** | **20**  **Weightlifting**  **1:00-3:00**  **Practice**  **3:40-5:30** | **21**  **Weightlifting**  **1:00-3:00** | **22**  **Weightlifting**  **1:00-3:00**  **Practice**  **3:40-5:30** | **23** | **24**  **DeSmet 7on7 Tournament**  **Time: TBD** |
| **25** | **26**  **Weightlifting**  **1:00-3:00** | **27**  **Weightlifting**  **1:00-3:00**  **Practice**  **3:40-5:30** | **28**  **Weightlifting**  **1:00-3:00** | **29**  **Weightlifting**  **1:00-3:00**  **Practice**  **3:40-5:30** | **30** |  |

**July**

**Sunday Monday Tuesday Wednesday Thursday Friday Saturday**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  | **1** |
| **2** | **3**  **July** | **4**  **Break** | **5** | **6**  **Weightlifting**  **1:00-3:00**  **Practice**  **3:40-5:30** | **7**  **Weightlifting**  **1:00-3:00**  **Practice**  **3:40-5:30** | **8** |
| **9**  **Freshmen Camp**  **Mon-Fri**  **July 10-14**  **5:30-8:00 >>>>** | **10**  **Weightlifting**  **1:00-3:00** | **11**  **Weightlifting**  **1:00-3:00**  **Practice**  **3:40-5:30** | **12**  **Weightlifting**  **1:00-3:00** | **13**  **Weightlifting**  **1:00-3:00**  **Practice**  **3:40-5:30** | **14** | **15** |
| **16** | **17**  **Weightlifting**  **1:00-3:30** | **18**  **SBU Team Camp** | **19**  **SBU Team Camp** | **20**  **SBU Team Camp** | **21** | **22** |
| **23/30** | | **24/31** | **25**  **Dead** | **26**  **Period** | **27** | **28** | **29** |

**August**

**Sunday Monday Tuesday Wednesday Thursday Friday Saturday**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **31**  **First Day of Practice**  **Register at 3:00**  **Practice 4:30-7** | **1**  **Weightlifting**  **1:00-3:00**  **Practice**  **3:40-5:30** | **2**  **Weightlifting**  **1:00-3:00**  **Practice**  **3:40-5:30** | **3**  **Weightlifting**  **1:00-3:00**  **Practice**  **3:40-5:30** | **4**  **Practice**  **3:40-5:30** | **5**  **Black and Red Game:**  **Freshmen 9:00**  **Varsity/JV 11:00** |
| **6** | **7**  **Whenever School Starts practice is after School until 5:30** | **8** | **9** | **10** | **11**  **Jamboree:**  **FZN** | **12** |
| **13** | **14** | **15** | **16** | **17** | **18**  **Season Opener:**  **Webster Groves**  **4:15pm** | **19** |
| **20** | **21** | **22** | **23** | **24** | **25** | **26** |
| **27** | **28** | **29** | **30** | **31** |  |  |