**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** |  |  |