

# 2023 SUMMER DEVELOPMENT CALENDAR



# IMPORTANT DATES

<b>5/30/23</b>	Lifting Begins   7th - 12th Grade
<b>6/1/23</b>	Skill Development Begins   7th - 12th Grade
<b>6/22/23</b>	Youth Camp 2nd - 8th Grade   7pm - 9pm
<b>7/3/23</b>	Off Day
<b>7/4/23</b>	Off Day
<b>7/24/23</b>	Family Week Begins
<b>7/30/23</b>	Family Week Ends
<b>7/31/23</b>	Mini Camp Begins   7th - 12th Grade
<b>8/4/23</b>	Mini Camp Ends
<b>8/7/23</b>	Pre-Season Begins
<b>8/25/23</b>	Game 1: vs Treynor

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# SUMMER LIFTING TIMES

	<b><i>Strength &amp; Conditioning</i></b>	<b><i>Football Development</i></b>
Monday	<b>8:00 AM</b>	<b>9:45 AM - 10:45AM</b>
Tuesday	<b>8:30 AM</b>	<b>9:45 AM - 10:45AM</b>
Wednesday	<b>8:00 AM</b>	<b>9:45 AM - 10:45AM</b>
Thursday	<b>8:30 AM</b>	<b>9:45 AM - 10:45AM</b>
Friday	<b>OFF</b>	<b>OFF</b>