

Farmington Football Summer 2023

NM

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|---|---|---|--------|----------|
| | OFF | OFF | OFF | 1 OFF | 2 OFF | 3 |
| 4 | 5 7:00AM-8:30AM Weight lifting and Speed work | 6 7:00AM-8:30AM WTS and SW | 7 7:00AM-8:30AM WTS and SW | 8 7:00AM-8:30AM WTS and SW | 9 OFF | 10 |
| 11 | 12 7:00AM-8:30AM WTS and SW | 13 7:00AM-8:30AM WTS and SW | 14 7:00AM-8:30AM WTS and SW | 15 7:00AM-8:30AM WTS and SW | 16 OFF | 17 |
| 18 | 19 7:00AM-8:30AM WTS and SW | 20 7:00AM-8:30AM WTS and SW | 21 7:00AM-8:30AM WTS and SW | 22 7:00AM-8:30AM WTS and SW | 23 OFF | 24 |
| 25 | 26 7:00AM-8:30AM WTS and SW (10-12 OL Only /Classroom 8:30-9:30AM) | 27 7:00AM-8:30AM WTS and SW (10-12 OL Only /Classroom 8:30-9:30AM) | 28 7:00AM-8:30AM WTS and SW (10-12 OL Only /Classroom 8:30-9:30AM) | 29 7:00AM-8:30AM WTS and SW (10-12 OL Only /Classroom 8:30-9:30AM) | 30 OFF | |

NOTES

JULY

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|---|--|---|--------|----------|
| 2 | 3 OFF | 4 OFF | 5 OFF | 6 OFF | 7 | 8 |
| 9 | 10 7:00AM-11AM WTS SW / Practice | 11 7:00AM-11AM WTS SW / Practice | 12 7:00AM-11AM WTS SW / Practice | 13 Contact Day at Eureka HS Varsity Only 11 on 11 Bus Departs at: 7AM | 14 | 15 |
| 16 | 17 Camp at Knox College Varsity Only Bus Departs at 8:30 AM | 18 Camp at Knox College Varsity Only | 19 Return from Camp at Knox College Varsity Only | 20 7:00AM-11AM WTS SW / Practice | 21 | 22 |
| 23 | 24 7:00AM-11AM WTS SW / Practice | 25 7:00AM-11AM WTS SW / Practice | 26 7:00AM-8:30 WTS SW Varsity only practice at Galesburg bus Departs at 8:30 AM | 27 7:00AM-8:30AM WTS and SW | 28 | 29 |
| 30 | 31 OFF | | | | | |

NOTES

CVA

AUGUST

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|-----------------------------|-----------------------------|-----------------------------|-------------------------------|--------------------------------------|
| | | 1 OFF | 2 OFF | 3 OFF | 4 OFF | 5 |
| 6 | 7 Official Practice Begins 7AM-10AM | 8 Practice 7AM-10AM | 9 Practice 7AM-10AM | 10 Practice 7AM-10AM | 11 Practice 7AM-10AM | 12 Saturday Practice 8-10 AM |
| 13 | 14 Practice 3:25-6:00 | 15 Practice 3:25-6:00 | 16 Practice 3:25-6:00 | 17 Practice 3:25-6:00 | 18 Scrimmage Night 6:00 PM | 19 Last Saturday Practice 8-10 AM |
| 20 | 21 Practice 3:25-6:00 | 22 Practice 3:25-6:00 | 23 Practice 3:25-6:00 | 24 Practice 3:25-6:00 | 25 Farmington @ IW 7:00 | 26 OFF |
| 27 | 28 Practice 3:25-6:00 | 29 Practice 3:25-6:00 | 30 Practice 3:25-6:00 | 31 Practice 3:25-6:00 | 1 WH @ Farmington 7:00 | OFF |

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