

# June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b>
<b>2</b>	<b>3</b> Strength & Conditioning @7am	<b>4</b> Windsor 7on7 @5:30	<b>5</b> Strength & Conditioning @7am	<b>6</b> Strength & Conditioning @7am	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b> Strength & Conditioning @7am	<b>11</b> Windsor 7on7 @5:30	<b>12</b> Strength & Conditioning	<b>13</b> Strength & Conditioning	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b> Strength & Conditioning @7am	<b>18</b> Windsor 7on7 @5:30	<b>19</b> Strength & Conditioning @7am	<b>20</b> Strength & Conditioning @7am	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b> Strength & Conditioning @7am	<b>25</b> Windsor 7on7 @5:30	<b>26</b> Strength & Conditioning @7am	<b>27</b> Strength & Conditioning @7am  Practice w/ Affton @3-5pm	<b>28</b>	<b>29</b>
<b>30</b>						

# July 2019

**Sun**

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**DEAD**

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Strength & Con-  
ditioning @7am

Strength & Con-  
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Strength & Con-  
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Strength & Con-  
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Strength & Con-  
ditioning @7am

**21**

**22**

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**26**

**27**

Football Camp

Football Camp

Football Camp

Football Camp

**28**

**29**

**30**

**31**

# August 2019

August 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b>	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b> <b>DEAD</b>	<b>6</b> <b>WEEK</b>	<b>7</b> <b>DEAD</b>	<b>8</b> <b>WEEK</b>	<b>9</b> <b>DEAD</b>	<b>10</b>
<b>11</b>	<b>12</b> 1st Day of Prac- tice @7am	<b>13</b> 1st Day of School Practice @2:30	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b> Black & Gold @8am Parent/Player Meeting @11
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b> Festus Jamboree @5pm	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b> Game 1 Ha- zelwood West @4:15pm	<b>31</b>