

JUNE 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Lifting/Conditioning 6-8am, 8-10am, 10am-12pm	2	3 Lifting/Conditioning 6-8am, 8-10am, 10am-12pm	4 Lifting/Conditioning 6-8am, 8-10am, 10am-12pm	5	6
	8 Lifting/Conditioning 6-8am, 8-10am, 10am-12pm	9	10 Lifting/Conditioning 6-8am, 8-10am, 10am-12pm	11 Lifting/Conditioning 6-8am, 8-10am, 10am-12pm	12	13
	15 Lifting/Conditioning 6-8am, 8-10am, 10am-12pm	16	17 Lifting/Conditioning 6-8am, 8-10am, 10am-12pm	18 Lifting/Conditioning 6-8am, 8-10am, 10am-12pm	19	20
	22 Lifting/Conditioning 6-8am, 8-10am, 10am-12pm	23	24 Lifting/Conditioning 6-8am, 8-10am, 10am-12pm	25 Lifting/Conditioning 6-8am, 8-10am, 10am-12pm	26	27
	29 Lifting/Conditioning 6-8am, 8-10am, 10am-12pm	30	1 Lifting/Conditioning 6-8am, 8-10am, 10am-12pm	2 Lifting/Conditioning 6-8am, 8-10am, 10am-12pm		
		Notes:				

July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	1 Lifting/Conditioning 6-8am, 8-10am, 10am-12pm	2 Lifting/Conditioning 6-8am, 8-10am, 10am-12pm	3	4
5	6 Lifting/Conditioning 6-8am, 8-10am, 10am-12pm	7	8 Lifting/Conditioning 6-8am, 8-10am, 10am-12pm	9 Lift-a-Thon/Combine Testing/Open Field/Chalk Talk Session for the Next Day 4-7pm	10	11
12	13 Camp Day 4-7pm	14 Camp Day 4-7pm	15 Camp Day 4-7pm	16 7-on-7 3PM Northwestern, Shelby, Amherst	17 Camp Day 4-7pm	18
19	20 Camp Day 4-7pm (Colt Cards)	21 Camp Day 4-7pm	22 7-on-7	23 7-on-7 Noon Black River, New London, Rittman	24 Camp Day 4-7pm Player/Parent Meeting	25
26	27 OFF	28 OFF	29 OFF	30 OFF	31 OFF	1
		Notes:				

August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 2-a-Day 4-9pm JR/SR Lift @ 3 Helmets	4 2-a-Day 4-9pm FR/SO Lift @ 3 Helmets	5 2-a-Day 4-9pm JR/SR Lift @ 3 Uppers	6 2-a-Day 4-9pm FR/SO Lift @ 3 Uppers	7 Practice 3-6pm Full Pads	8 9am-12pm 1st Day of Hitting Full Pads
9	10 2-a-Day 4-9pm JR/SR Lift @ 3 Uppers	11 Scrimmage @ Rittman with Rittman & Tuskey Valley	12 Practice 3-4:45pm Colt Card Blitz 5-8pm Full Pads	13 2-a-Day 4-9pm JR/SR Lift @ 3 Uppers	14 Scrimmage @ Mogadore	15 9am-12pm Film
16	17 Practice 3-6pm JR/SR Lift @ 6 Full Pads	18 Practice 3-6pm FR/SO Lift @ 6 Full Pads	19 Freshmen 1st Day of School Regular Practice Session Players should be out of the Field House by 6pm JR/SR Lift @ 6 Uppers	20 Scrimmage @ Northwestern 6PM	21 Film TBD	22 OFF/Gameplan
23	24 Full Pads	25 Full Pads	26 Uppers	27 Uppers	28 WK 1 @ Brookside	29
30	31	Notes:				