

**TENTATIVE JUNE/JULY/AUGUST 2023 Football Schedule**

as of 1/24/2023

**NOTE: WEIGHT TRAINING WILL BEGIN IN JANUARY AFTER SCHOOL TUESDAYS, WED AND THURSDAYS FROM 2:50-4 pm**

SPRING 7 on 7 Will begin in APRIL, sign up now at [www.paalnfflag.com](http://www.paalnfflag.com)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28-May	29-May MEMORIAL DAY	30-May WORKOUTS ON FIELD 3-5	31-May WORKOUTS ON FIELD 3-5	1-Jun WORKOUTS ON FIELD 3-5 (Stadium)	2-Jun	3-Jun
4-Jun	5-Jun WORKOUTS ON FIELD 3-5 (stadium)	6-Jun WORKOUTS ON FIELD 3-5 (stadium)	7-Jun WORKOUTS ON FIELD 3-5 (JV Baseball field)	8-Jun TBD	9-Jun TBD	10-Jun
11-Jun	12-Jun WORKOUTS ON FIELD 3-5 (Stadium)	13-Jun TBD	14-Jun TBD	15-Jun Helmets only for those going to Linfield	16-Jun Helmets only for those going to Linfield	17-Jun Helmets/Shoulder Pads for those going to Linfield
18-Jun	19-Jun Full Pads for those going to Camp	20-Jun Full Pads for those going to Camp	21-Jun Full Pads for those going to Linfield Camp	22-Jun Leave for Linfield 9 AM	23-Jun Linfield Camp	24-Jun LINFIELD CAMP
25-Jun Return From Linfield Camp, Leave at 12, return by 1:30 PM	26-Jun RELAX and/or Summer School	27-Jun RELAX and/or Summer School	28-Jun RELAX and/or Summer School	29-Jun RELAX and/or Summer School	30-Jun RELAX and/or Summer School	1-Jul

**LINFIELD CAMP COST IS:  
\$280 THIS YEAR! SAVE  
MONEY NOW!**

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**NOTE: If you do not show up to weight training that day, you cannot participate in 7 on 7!!!**

2-Jul	3-Jul 4th of July	4-Jul	5-Jul WEIGHT ROOM TBA	6-Jul Weight Room TBA/& on 7 TBA	7-Jul Weight Room TBA	8-Jul
9-Jul	10-Jul	11-Jul	12-Jul	13-Jul	14-Jul	15-Jul

	Weight Room TBA	Weight Room TBA/& on 7 TBA	Weight Room TBA	Weight Room TBA/& on 7 TBA	Weight Room TBA	
16-Jul	17-Jul	18-Jul	19-Jul	20-Jul	21-Jul	22-Jul
	Weight Room TBA	Weight Room TBA/& on 7 TBA	Weight Room TBA	Weight Room TBA/& on 7 TBA	Weight Room TBA	
23-Jul	24-Jul	25-Jul	26-Jul	27-Jul	28-Jul	29-Jul
NO CONTACT WEEK	NO CONTACT WEEK	NO CONTACT WEEK	NO CONTACT WEEK	NO CONTACT WEEK	NO CONTACT WEEK	NO CONTACT WEEK

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30-Jul	31-Jul	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug
	WEIGHT ROOM 9-10 AM FOLLOWED BY YOUTH CAMP 10-12 PM	WEIGHT ROOM 9-10 AM FOLLOWED BY YOUTH CAMP 10-12 PM	WEIGHT ROOM 9-10 AM FOLLOWED BY YOUTH CAMP 10-12 PM	WEIGHT ROOM 9-10 AM FOLLOWED BY YOUTH CAMP 10-12 PM		
6-Aug	7-Aug	8-Aug	9-Aug	10-Aug	11-Aug	12-Aug
		Weight Room (ALL GRADES) 9-11 AM	Weight Room (ALL GRADES) 9-11 AM	Weight Room (ALL GRADES) 9-11 AM	<b>MUST BE CLEARED BY ATHLETIC OFFICE BEFORE AUGUST 14!!</b>	
13-Aug	14-Aug	15-Aug	16-Aug	17-Aug	18-Aug	19-Aug
	Daily Doubles Mandatory Practice 9-11 AM and 2-5 PM HELMETS ONLY	MANDATORY SINGLE PRACTICE TBA HELMETS ONLY	Daily Doubles Mandatory Practice 9-11 AM and 2-5 PM (HELMETS/SHOULDER PADS)	MANDATORY SINGLE PRACTICE TBA FULL PADS	Daily Doubles Mandatory Practice 9-11 AM and 2-5 PM	MANDATORY PRACTICE 9-11:30 AM
20-Aug	21-Aug	22-Aug	23-Aug	24-Aug	25-Aug	26-Aug

	<b>Mandatory Practice 3-5:45 PM</b>	<b>Mandatory Practice 3-5:45 PM</b>	<b>Mandatory Practice 3-5:45 PM</b>	<b>Mandatory Practice 3-5:45 PM</b>	<b>JAMBOREE AT DAVID DOUGLAS vs. TBA JV2 4 PM VARSITY 6PM</b>	
<b>27-Aug</b>	<b>28-Aug</b>	<b>29-Aug</b>	<b>30-Aug</b>	<b>31-Aug</b>	<b>1-Sep</b>	<b>2-Sep</b>
	<b>Mandatory Practice 4-6:45</b>	<b>Mandatory Practice 4-6:45</b>	<b>Mandatory Practice 4-6:45</b>	<b>JV2 GAME TBA, VARSITY PRACTICE</b>	<b>Varsity GAME TBA/JV2 Practice</b>	
<b>3-Sep</b>	<b>4-Sep</b>	<b>5-Sep</b>	<b>6-Sep</b>	<b>7-Sep</b>	<b>8-Sep</b>	<b>9-Sep</b>
	<b>LABOR DAY Mandatory Practice 4-6 PM</b>	<b>Mandatory Practice 3-5:45</b>	<b>Mandatory Practice 3-5:45</b>	<b>JV2 GAME TBA, Varsity Practice TBA</b>	<b>Varsity GAME TBA/JV2 Practice</b>	