

2023 FOOTBALL OFFSEASON CALENDAR

NOVEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 End of Game- Return Shoulder pads, helmet, soft gear	2 End of Game- Return Shoulder pads, helmet, soft gear	3 Equipment Check-in 7-8AM	4
			Braswell-Fresh/JV	Braswell	3rd-Equipment Check-in	
5	6 Locker Clean Out/Exit Interviews 7-8AM 3rd- Locker Clean out/Exit Interviews	7 Exit Interviews 7-8AM 3rd- Exit Interviews	8 Intro to Weights(Bench) 7-8AM 3rd-Intro to Weights (Bench)	9 Intro to weights (Squat) 7-8AM 3rd-Intro to Weights (Squat)	10 Intro to weights (PC) 7-8AM 3rd-Intro to Weights (PC)	11
12	13 Weights 7-8AM 3rd- Weights SUB-VARSITY CELEBRATION 6	14 Weights 7-8AM 3rd- Weights	15 Weights 7-8AM 3rd- Weights	16 Vertical, 40s, Broad Jumps 7-8AM 3rd- Vertical, 40s, Broad jumps	17 Leadership 7-8AM 3rd- Leadership AREA	18
19	20	21	22	23 Thanksgiving Break	24	25
	THANKSGIVING BREAK					
						REGIONALS
26	27 Pre-Phase Starts Weights 7-8AM HB 3rd- Weights ALL 2:45-3:15pm Weights	28 LEAD FORWARD 6:00AM-6:30A Weights 7-8AM 3rd- Weights ALL 2:45-3:15pm Weights	29 Weights 7-8AM HB 3rd- Weights ALL 2:45-3:15pm Weights	30 Weights 7-8AM 3rd- Weights ALL 2:45-3:15pm Weights		
			Notes:			
			Freshmen			
			JV/Varsity HB- Hot Breakfast			
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2023 FOOTBALL OFFSEASON CALENDAR

DECEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Leadership- 7-8AM	
					3rd- Leadership	
3	4	5	6	7	8	9
	Weights 7-8AM HB	Weights 7-8AM	Weights 7-8AM. HB	Weights 7-8AM	Leadership- 7-8AM	
	3rd- Weights	3rd- Weights	3rd- Weights	3rd- Weights	3rd- Leadership	
	Football Banquet- 6pm-Varsity	ALL 2:45-3:15pm Weights	ALL 2:45-3:15pm Weights	ALL 2:45-3:15pm Weights		
10	11	12	13	14	15	16
	Weights 7-8AM HB	Weights 7-8AM	Weights 7-8AM HB	Weights 7-8AM	Leadership- 7-8AM	
	3rd- Weights	3rd- Weights	3rd- Weights	3rd- Weights	3rd- Leadership	
	ALL 2:45-3:15pm Weights	ALL 2:45-3:15pm Weights	ALL 2:45-3:15pm Weights	ALL 2:45-3:15pm Weights		
17	18	19	20	21	22	23
	Weights 7-8AM HB	Weights 7-8AM	Weights 7-8AM HB	Weights 7-8AM		
	3rd- Weights	3rd- Weights	3rd- Weights	3rd- Weights	CHRISTMAS BREAK	
	Parent Offseason Meeting 6pm	ALL 2:45-3:15pm Weights	ALL 2:45-3:15pm Weights	ALL 2:45-3:15pm Weights		
24	25	26	27	28	29	30
			CHRISTMAS BREAK			
31		Notes: <div>JV/V HB- Hot Breakfast</div> <div>Freshmen</div>				
	BREAK					