

July

2021

Football Summer Program

- Strength and Conditioning
- Speed and Conditioning
- Football Skills and Development
- 7v7

(Times are subject to change depending on Summer School hours adjustment)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 3:00p Strength/Conditioning 4:00p -5:00p Skill Development	2 3:00p Strength/Conditioning 4:00p -5:00p Skill Development	3 Dead Period
4 Holiday Dead Period	5 Dead Period	6 Dead Period	7 Dead Period	8 Dead Period	9 Dead Period	10 Dead Period
11 Dead Period	12 3:00p Strength/Conditioning 4:00p -5:00p Walk Through	13 7v7	14 3:00p Strength/Conditioning 4:00p -5:00p Skill Development	15 3:00p Strength/Conditioning 4:00p -5:00p Skill Development	16 3:00p Strength/Conditioning 4:00p -5:00p Skill Development	17 Open
18	19 3:00p Strength/Conditioning 4:00p -5:00p Walk Through	20 7v7	21 3:00p Strength/Conditioning 4:00p -5:00p Skill Development	22 3:00p Strength/Conditioning 4:00p -5:00p Skill Development	23 3:00p Strength/Conditioning 4:00p -5:00p Skill Development	24
25	26 Off Week	27 Off Week	28 Off Week	29 Off Week	30 Off Week	31 Off Week

August

2021

Football Summer Program

- Strength and Conditioning
- Speed and Conditioning
- Football Skills and Development
- 7v7

(Times are subject to change depending on Summer School hours adjustment)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 3:00p Strength/Conditioning 4:00p -5:00p Skill Development 5:30p Parent Meeting	3 3:00p Strength/Conditioning 4:00p -5:00p Skill Development	4 3:00p Strength/Conditioning 4:00p -5:00p Skill Development	5 3:00p Strength/Conditioning 4:00p -5:00p Skill Development	6 3:00p Strength/Conditioning 4:00p -5:00p Skill Development	7 Open
8	9 3:00p Strength/Conditioning 4:00p -5:00p Practice	10 3:00p Strength/Conditioning 4:00p -5:00p Practice	11 3:00p Strength/Conditioning 4:00p -5:00p Practice	12 3:00p Strength/Conditioning 4:00p -5:00p Practice	13 3:00p Strength/Conditioning 4:00p -5:00p Practice	14 Open
15	16 3:00p Strength/Conditioning 4:00p -5:00p Practice	17 3:00p Strength/Conditioning 4:00p -5:00p Practice	18 3:00p Strength/Conditioning 4:00p -5:00p Practice	19 3:00p Strength/Conditioning 4:00p -5:00p Practice	20 3:00p Strength/Conditioning 4:00p -5:00p Practice	21 Open
22	23 2:30p Strength/Conditioning 4:00p -5:00p Practice	24 2:30p Strength/Conditioning 4:00p -5:00p Practice	25 2:30p Strength/Conditioning 4:00p -5:00p Practice	26 2:30p Strength/Conditioning 4:00p -5:00p Practice	27 2:30p Walk Through	28 GameDay @Career Academy
29	30 2:30p Strength/Conditioning 4:00p -5:00p Practice	31 2:30p Strength/Conditioning 4:00p -5:00p Practice	28 2:30p Strength/Conditioning 4:00p -5:00p Practice	29 2:30p Strength/Conditioning 4:00p -5:00p Practice		