

# Springfield Senators

◀ April		May 2019					June ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15 Helmet Fitting	16	17	18	
19	20 Lift A Thon	21 Lift A Thon	22	23 Lift A Thon	24	25	
26	27	28	29	30	31		

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# Weights after practice

June 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6 1 <sup>st</sup> parent mtg. Team fitting @ Scheels 6:30 pm	7	8
9	10 1 Jr. Camp 9:00-10:30am Weights 4-5p Walk-thru 5-6 7 on 7 6-8pm	11 2 Mo Bap Camp SHG Jr. Camp Drills 6-8am Weights 8-9am	12 Weights 8-9am Film 9-10a Jr. Camp 9:00-10:30am	13 3 Jr. Camp 9:00-10:30am Drills 6-8am Weights 8-9am	14	15 4 MacMurray 7 on 7 9-12 am \$50
16	17 5 Weights 4-5p Walk-thru 5-6 7 on 7 6-8pm	18 6 Drills 6-8am Weights 8-9am	19 Weights 8-9am Film 9-10a	20 7 Drills 6-8am Weights 8-9am	21 I-72 Showcase Jax	22 NIU 7 on 7 6:30 am bus
23	24 8 Weights 4-5p Walk-thru 5-6 7 on 7 6-8pm	25 9 Drills 6-8am Weights 8-9am	26 Weights 8-9am Film 9-10a	27 10 Drills 6-8am Weights 8-9am	28	29 11 IL State 7 on 7
30						

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## July 2019

◀ June	July 2019						August ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<b>Dead Week</b>	<b>1</b>  <b>Dead Week</b>	<b>2</b>  <b>Dead Week</b>	<b>3</b>  <b>Dead Week</b>	<b>4</b>  <b>Dead Week</b>	<b>5</b>  <b>Dead Week</b>	<b>6</b>  <b>Dead Week</b>	
<b>7</b>	<b>8</b> 12  Mt. Zion 7 on 7 6-9 pm	<b>9</b> 13  Gold Card Handout  Camp 6-8 am Weights 8-9am	<b>10</b>  Weights 8-9am Film 9-10a	<b>11</b>  McKendree Camp 9 am – 12 pm	<b>12</b>  Off	<b>13</b>  Off	
<b>14</b>	<b>15</b> 14  Weights 4-6 pm Camp 6-8 pm	<b>16</b> 15  Camp 6-8 am Weights 8-9am	<b>17</b>  Weights 8-9am Film 9-10a	<b>18</b> 16  Camp 6-8 am Weights 8-9am	<b>19</b> 17  Chatham 7 on 7 5:30 pm	<b>20</b>  Off	
<b>21</b>	<b>22</b> 18  Weights 4-6 pm Camp 6-8 pm  2 <sup>nd</sup> parent mtg 8 pm	<b>23</b> 19  Gold Card Blitz Camp 6-8 am Weights 8-9am	<b>24</b> 20  Combine Test 9-10:30 am	<b>25</b> 21  Camp 6-8 am Weights 8-9am	<b>26</b>  Off	<b>27</b>  Off	
<b>28</b>  <b>Dead Week</b>	<b>29</b>  <b>Dead Week</b>	<b>30</b>  <b>Dead Week</b>	<b>31</b>  <b>Dead Week</b>				

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## August 2019

◀ July	August 2019						September ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1  Dead Week	2  Dead Week	3  Sonic Car Wash	
4	5 Dead Week	6 Dead Week	7 Dead Week	8 Dead Week	9 Dead Week	10 Final Equipment Issue Fr/Soph 4:30p Junior 4:00p Senior 3:30p Team Mtg. 5:00p	
11 State Fair Gate	12 Helmets only Practice 5-8pm  Lift 7:30-9 am	13 Helmets only Practice 5-8pm  Lift 7:30-9 am	14 Uppers only Practice 5-8 pm	15 Uppers only Practice 5-8 pm	16 Uppers only Practice 3:45-6:30 pm	17 First padded practice 8-10a	
18 State Fair Gate	19 Full padded practice 4:30-7:30p	20 Full padded practice 4:30-7:30p	21 Full padded practice 4:30-7:30p	22 Uppers only Walk through 6:30-7:30 am	23 Red/Black Scrimmage Fr/Soph 5:00p Varsity 6:00p	24 Film/Weights 8-10am  Shake Out	
25	26 Practice 3:45-6:45p	27 Full pads Practice 3:45-6:45p	28 Full pads Practice 3:45-6:45p	29 Walk through 6:30-7:30 am  Team Dinner 4:00 pm	30  Home Vs. MacArthur	31 Film/Weights 8-10am  Shake Out	