

# June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1	
	3 Practice/Weight Room 6:15-9:45 am	4	5 Practice/WR 6:15-9:45 am	6 Practice/WR 6:15-9:45 am	7	8	
	9 Practice/WR 6:15-9:45 am	10	11	12 Practice/WR 6:15-9:45 am 7 on 7 @ Morton 5pm	13 Practice/WR 6:15-9:45 am	14	15 Illinois 7 on 7 @9:30 Legve TBA
	16 Practice/WR 6:15-9:45 am	17	18	19 Practice/WR 6:15-9:45 am	20 Practice/WR 6:15-9:45 am 7 on 7 @ Belleville East 6:30 pm	21	22
23	24 Practice/WR 6:15-9:45 am	25	26 Practice/WR 6:15-9:45 am	27 Practice/WR 6:15-9:45 am	28	29 Illinois State 7 on 7 Time TBA	
30 Week Off							

# July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Week Off	2 Week Off	3 Week Off	4 Week Off	5 Week Off	6 Week Off
7 Week Off	8 Practice/WR 6:15-9:45 am	9	10 Practice/WR 6:15-9:45 am	11 Practice/WR 6:15-9:45 am	12 SIU-C 7 on 7 Time TBA	13
14	15 Practice/WR TBA 7 on 7 vs. Morton, Althoff, W.Ville	16	17 Practice/WR 6:15-9:45 am	18 Practice/WR 6:15-9:45 am	19 SE Football golf Outing @ The Oaks 12:30 pm	20
21	22 Parent/Athlete Meeting 6 pm @ SE Auditorium	23 IC Team Camp	24 IC Team Camp	25 IC Team Camp	26	27
28	29 Practice/WR 6:15-9:45 am 7 on 7 @ MITZ 6 pm	30 Max Out Day 7:00 am	31 Max Out Day 7:00 am			

# August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Time Off	2 Time Off	3 Time Off
4 Time Off	5 Time Off	6 Time Off	7 Time Off	8 Time Off	9 Time Off	10 Time Off
11 Time Off	12 Practice: 6:30 – 7:50 am & 4:45 – 6:15 Meeting- 4:00-4:30	13 Practice: 6:30 – 7:50 am & 4:45 – 6:15 Meeting- 4:00-4:30 Parent/Athlete Meeting 6:30 pm	14 Practice: 6:30 – 7:50 am & 4:45 – 6:15 Meeting- 4:00-4:30	15 Practice: 6:30 – 7:50 am & 4:45 – 6:15 Meeting- 4:00-4:30	16 Practice: 6:30 – 7:50 am & 4:45 – 6:15 Meeting- 4:00-4:30	17 Practice: 6:30 – 8:00 am & 10:15 am – 12 pm
18	19 1 <sup>st</sup> Day of school Practice: 3:40 – 6:00 pm	20 Practice: 3:40 – 6:00 pm	21 Practice: 3:40 – 6:00 pm	22 Practice: 3:40 – 6:00 pm	23 Blue/Gold Game Fr/So. 6 pm Varsity to follow	24 Film/Game Prep 8-9 am Community Service 9-11 am
25	26 Study Hall/Film: 3:30 – 4 pm Practice: 4:00 – 5:30 pm Regular Season	27 Study Hall/Film 3:30 – 4 pm Practice: 4:15 – 6:15 pm Regular Season	28 Study Hall: 2:30 – 3:00 pm Practice: 3:15 – 5:15 Film: 5:30 – 5:55 Regular Season	29 Practice: 3:40 – 5:15 pm Team Meal – 5:30ish pm	30 Game at Rochester 7 pm	31 IV Practice: 8 – 10 am
1 Film/Stretch/Blitz Varsity only 5-7 pm						