

**June 2023**

**Remind - @HDBFB9**

**Griffin Reed - griffin\_reed@hboe.org**

SUN	MON	TUES	WED	THURS	FRI	SAT
		30 Camp 12-2	31 Camp 12-2	1 Camp 12-2	2 OFF	3
4	5 Lifting 8-10	6 Lifting 8-10	7 OFF	8 Lifting 8-10	9 OFF	10
11	12 Lifting 8-10	13 Lifting 8-10	14 OFF	15 Lifting 8-10	16 OFF	17
18	19 Lifting 8-10	20 Lifting 8-10	21 OFF	22 Lifting 8-10	23 OFF	24
25	26 Lifting 8-10	27 Lifting 8-10	28 OFF	29 Lifting 8-10	30 OFF	

**July 2023**

**Remind - @HDBFB9**

**Griffin Reed - griffin\_reed@hboe.org**

SUN	MON	TUES	WED	THURS	FRI	SAT
						1
2	3 OFF	4 OFF	5 OFF	6 OFF	7 OFF	8
9	10 Practice 6-8 PM	11 OFF	12 Practice 8-11	13 Practice 8-11	14 OFF	15 Car Wash 10-1
16	17 Practice 6-8 PM	18 Practice 8-10	19 7 on 7 Scrimmage 10-12 AM	20 OFF	21 OFF	22
23	24 Practice 6-8 PM	25 Practice 8-10	26 7 on 7 Scrimmage 8-9:30 PM	27 OFF	28 OFF	29

# August 2023 Remind - @HDBFB9

Griffin Reed - griffin\_reed@hboe.org

SUN	MON	TUES	WED	THURS	FRI	SAT
30	31 Practice 8-11:30	1 Practice 8-11:30	2 <b>Meet the Team</b> <b>630 PM</b> Practice 7-9 PM	3 Practice 8-11:30	4 Practice 8-11:30	5 <b>UA Scrimmage</b>
6	7 Practice 8-11:30	8 Practice 8-11:30	9 Practice 8-11:30	10 <b>St. Charles Scrimmage</b>	11 Practice 8-11:30	12 OFF
13	14 Practice 8-11:30	15 Practice 8-11:30	16 Practice 8-11:30	17 Practice 2:30-5:00	18 Practice 2:30-5:00 Varsity Game #1	19 <b>Game #1</b>
20	21 Practice 2:30-5:00	22 Practice 2:30-5:00	23 Practice 2:30-5:00	24 Practice 2:30-5:00	25 Practice 2:30-5:00 Varsity Game #2	26 <b>Game #2</b>
27	28 Practice 2:30-5:00	29 Practice 2:30-5:00	30 Practice 2:30-5:00	31 Practice 2:30-5:00	1 Practice 2:30-5:00 Varsity Game #3	2 <b>Game #3</b>