

# **Notes:** Weight Room Beginning 8/29/22 Mondays & Wednesdays 3:40pm-4:15pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	TEAM MEETING! Athlete + Parent/Guardian 5pm	2	3	4	5	6
7	8	9	10	11	12	13
14	Fall Season Starts! Practice 3:45pm-6pm	Practice 3:45pm-6pm	Practice 3:45pm-6pm	Practice 3:45pm-6pm	TEAM NIGHT! 4pm-10pm	20
21	Practice 3:45pm-6pm	Practice 3:45pm-6pm	Practice 3:45pm-6pm	Practice 3:45pm-6pm	Practice 3:45pm-6pm	SCRIMMAGE @ Albert Lea 9am -Not attending-
28	First Day of School! Practice 3:40pm-5:45pm	Practice 3:45pm-5:45pm	Practice 3:40pm-5:45pm	1	2	3

## >>> September 2022

#### **Notes:** Weight Room Mondays & Wednesdays 3:40pm-4:15pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
				Varsity Practice	GAME DAY @	
				3:45pm-5:45pm JV GAME DAY	Northfield Bus Load:	
				6:30pm	4:30pm	
4	5	6	7	8	9	10
	Labor Day	Practice 3:45pm-5:45pm	Practice 3:40pm-5:45pm	Practice 3:45pm-5:45pm	GAME DAY HOME vs. JM!!!	Tentative Practice 9am-10:30am
11	12	13	14	15	16	17
	Practice 3:40pm-5:45pm	Practice 3:45pm-5:45pm	Practice 3:40pm-5:45pm	Practice 3:45pm-5:45pm	GAME DAY @ New Prague Bus Load: 4:15pm	Tentative Practice 9am-10:30am
18	19	20	21	22	23	24
	Varsity Practice 3:45m-5:45pm JV GAME DAY 4:30pm NO WEIGHTS!!	Practice 3:45pm-5:45pm	Practice 3:45pm-5:45pm NO WEIGHTS!!	Practice 3:45pm-5:45pm	HOMECOMING vs. Owatonna	
25	26	27	28	29	30	1
	Practice 3:40pm-6pm	Practice 3:45pm-6pm	Practice 3:40pm-6pm	Practice 3:45pm-5:45pm	TBD	



#### **Notes:** Weight Room Ends 10/17/22 Mondays & Wednesdays 3:40pm-4:15pm

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	GAME DAY @ Roch Century 6 pm Bus Load: 3:45pm
2	3	4	5	6	7	8
	Varsity Practice 3:40pm-5:45pm JV GAME DAY 6:30pm	Practice 3:45pm-5:45pm	Early Release Practice 3:40pm-5:45pm	Practice 3:45pm-5:45pm	TBD/Possible Kids Clinic	GAME DAY HOME vs. MWest!!! 12pm Field Time: 11am
9	10	11	12	13	14	15
	Practice 3:40pm-5:45pm	Practice 3:45pm-5:45pm	Practice 3:40pm-5:45pm	Practice 3:45pm-5:45pm	GAME DAY @ Roch Mayo Bus Load: 4:45pm	TBD/Possible Kids Clinic
16	17	18	19	20	21	22
	Varsity Practice 3:40pm-5:45pm JV GAME DAY 6:30pm	Practice 3:45pm-5:45pm	GAME DAY HOME vs. Albert Lea!!!	MEA NO PRACTICE	MEA NO PRACTICE	
23	24	25	26	27	28	29
	UNIFORM RETURN!! 3:45pm-4:45pm APDT Season Start	VARSITY GAME DAY -TBD-	NO PRACTICE	Banquet??	NO PRACTICE	VARSITY GAME DAY -TBD-
30	31	1	2	3	4	5
Banquet??	Halloween				VARSITY GAME DAY -TBD-	

### >>> November 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
6	7	8	9	10	11 Veterans Day	12
13	14	15	16	17	18	19
20	21	22	23	<b>24</b> Thanksgiving Day	25	26
27	28	29	30	1	2	3