



April

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

June

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

July

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

August

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

October

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

November

Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

December

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Spring Practice After School

Spring Practice- Athletic Period

Spring Game

7 on 7 at CPHS - 9th, JV, Varsity

Summer Strength & Explosion

9th Football Camp 6:00-8:00 PM

9th Fall Practice -Times Below

Varsity, JV Fall Practice

1st Day of School - August 16

Varsity Saturday Workouts

Summer Times

Strength & Explosion Camp
7th & 8th - 8:00-10:00 AM
9th-12th - 8:00 - 11:00 AM

7 on 7 at CPHS
5:30 PM - 8:30 PM
see 7 on 7 schedule

9th Football Camp
July 30 - August 2
6:00 - 8:00 PM

Fall Practice Details

9th Fall Practice
August 6 - August 15
6:00 - 8:00 PM

Varsity / JV Fall Practice
August 13 - August 15
6:00 - 8:00 PM

School In Session Practice Times -
Beginning 1st Day of School

Varsity / JV
Mon. & Tues. 6 - 8:00 AM
Wed. - 4:00 - 6:00 PM

9th Grade
Mon - Wed - Report 7:30 AM
Thurs - Report 8:00 AM

Saturday In-Season Workouts - Varsity
Mandatory, all others optional

Treatments - 8:00 AM
Lift - 9:00 AM
Film - 10:00 - 12:00

Preseason Football Parent Meeting
Date TBA

Varsity Game Day
Sub Varsity Game Day

Possible Playoff Dates