

SMNW Spring / Summer 2023- Football Schedule

Spring Meetings and Events

Parent Meeting 6:15 PM- DRAFT NIGHT 7pm MON. MAY 8th
COACHES SPRING MEETINGS- TBA

Staff

Mon. May 29- **MEMORIAL DAY**

Tues. May 30- (10-12th)- COUGAR FOOTBALL CAMP

Weds. May 31- (10-12th)- COUGAR FOOTBALL CAMP

Thurs. June 1- (10-12th)- COUGAR FOOTBALL CAMP

Fri. June 2- (10-12th)- COUGAR FOOTBALL CAMP

Sat. June 3- (10-12th)- COUGAR FOOTBALL CAMP (MOM)

ALL ATHLETES 9-12- Phase 1 Weights

Mon. June 5- Weights/Conditioning/Practice (9-12)

Tues. June 6- Weights/Conditioning/Practice (9-12)

Weds. June 7- Weights/Conditioning/Practice (9-12)

Thurs. June 8- Weights/Conditioning/Practice (9-12)

Fri. June 9- **SMW 7 on 7 Tournament- 9th OFF**

June 12- Weights/Conditioning/Practice (9-12)

June 13- Weights/COMPETITION DAY 1 (9-12)

June 14- Weights/Conditioning/Practice (9-12)

June 15- Weights/COMPETITION DAY 1 (9-12)

June 16- **OFF**

June 19- Weights/Conditioning/Practice (9-12)

June 20- Weights/COMPETITION DAY 1 (9-12)

June 21- Weights/Conditioning/Practice (9-12)

June 22- Weights/COMPETITION DAY 1 (9-12)

June 23- **OFF**

June 26- Weights/Conditioning/Practice (9-12)

June 27- Weights/COMPETITION DAY 1 (9-12)

June 28- Weights/Conditioning/Practice (9-12)

June 29- Weights/Conditioning/Practice (9-12)

June 30- **OFF**

July 3- **OFF WEEK**

July 4- **OFF WEEK**

July 5- **OFF WEEK**

July 6- **OFF WEEK**

July 7- **OFF WEEK**

Staff

July 10- **10-12 Install - 9 Camp**
Install Week, Freshman Camp(ALL COACHES)

July 11- **10-12 Install - 9 Camp**
Install Week, Freshman Camp(ALL COACHES)

July 12- **10-12 Install - 9 Camp**
Install Week, Freshman Camp(ALL COACHES)

July 13- **10-12 Install - 9 Camp**
Install Week, Freshman Camp(ALL COACHES)

July 14- **OFF**

Staff

July 17- Weights/Conditioning/Practice (9-12)

July 18- Weights/Conditioning/Practice (9-12)

July 19- **NW MO ST- Team Camp- 9th- Off**

July 20- **NW MO ST- Team Camp- 9th- Off**

July 21- **OFF**

Staff

July 24- **BOOT CAMP WEEK**

July 25- **BOOT CAMP WEEK/Coaches Meet**

July 26- **BOOT CAMP WEEK/Coaches Meet**

July 27- **BOOT CAMP WEEK/Coaches Meet**

July 28- **BOOT CAMP WEEK**

July 31- **Max Week- 6:00 PM**

Aug. 1 **Max Week- 6:00 PM**

Aug. 2 **Max Week- 6:00 PM**

Aug. 3 **Night of Champions- 6:00 PM**

Aug. 4 **OFF**

Staff

Aug. 7- **OFF- Player led Conditioning**

Aug. 8- **OFF- Player led Conditioning**

Aug. 9- **OFF- Player led Conditioning**

Aug 10- **OFF- Player led Conditioning**

Aug 11- **OFF**

Aug 14- **1st DAY OF PRACTICE- (9-12th)**

Aug 15- **9th 1st Day- Meetings/Practice**

Aug 16- **10-12 1st Day- Meetings/Practice**

Aug 17- **Meetings/Practice**

Aug 18- **Meetings/Practice**

Aug 19- **Watermelon Scrimmage**

10-12th Camp Week 2023- May 31, June 1, 2, 3

Tuesday-Saturday

FRESHMAN CAMP (July 10, 11, 12, 13)

7:00- 7:30 Meetings

8-10 AM

7:40- 9:10- Practice 1

9:10- 9:45- Break (BC Snack)

9:45- 11:00- Practice 2

IMPORTANT DATES SPRING/SUMMER 2023

Monday May 8th- Parent Meeting, Draft Night

Tuesday May 30th- 1st day of CAMP (10-12th)

Friday June 9th- Andre Maloney 10th Annual 7 on 7- SMW

Competition Days- June 13, 15, 20, 22, 27 (9-12th)

July 3th- July 7th- WEIGHT ROOM CLOSED

July 10, 11, 12, 13- FRESHMEN FOOTBALL CAMP 8- 10AM

July 19, 20- NW MO ST- Team Camp

Week of July 24th- BOOT CAMP WEEK

Week of July 31- MAX WEEK 6:00 PM

Thursday August 4- NIGHT OF CHAMPIONS

Monday August 14- FIRST DAY OF PRACTICE

Tuesday August 15- FIRST DAY OF SCHOOL FOR 9th

Wednesday August 16- FIRST DAY OF SCHOOL FOR 10-12

Coach Black

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