

# March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Spring Sports Start  Lifting 3- 4:15pm	7	8  Lifting 3- 4:15pm	9  Lifting 3- 4:15pm	10	11
12	13  Lifting 3- 4:15pm	14	15  Lifting 3- 4:15pm	16  Lifting 3- 4:15pm	17	18
19	20  Lifting 3- 4:15pm	21	22  Lifting 3- 4:15pm	23  Lifting 3- 4:15pm	24	25
26	27  Lifting 3- 4:15pm	28	29  Lifting 3- 4:15pm	30  Lifting 3- 4:15pm	31 SPRING BREAK STARTS	

# April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	<b>3</b> NO TEAM EVENTS – Off For Spring Break	<b>4</b> OFF	<b>5</b> OFF	<b>6</b> OFF	<b>7</b> OFF <a href="#">Good Friday</a>	8
9 <a href="#">Easter</a>	<b>10</b>  Lifting 3- 4:15pm	<b>11</b>	<b>12</b> Lifting 3- 4:15pm  Spring Insertion Practice 8:30- 9:30pm - BSC	<b>13</b>  Lifting 3- 4:15pm	<b>14</b>	15
16	<b>17</b>  Lifting 3- 4:15pm	<b>18</b>	<b>19</b> Lifting 3- 4:15pm  Spring Insertion Practice 8:30- 9:30pm - BSC	<b>20</b>  Lifting 3- 4:15pm	<b>21</b>	22
23	<b>24</b>  Lifting 3- 4:15pm	<b>25</b>	<b>26</b> Lifting 3- 4:15pm  Spring Insertion Practice 8:30- 9:30pm - BSC	<b>27</b>  Lifting 3- 4:15pm	<b>28</b>	29

# May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	<b>1</b>  Lifting 3-4:15pm	<b>2</b>	<b>3</b> Lifting 3- 4:15pm  Spring Insertion Practice 8:30-9:30pm - BSC	<b>4</b>  Lifting 3-4:15pm	<b>5</b>	<b>6</b>
7	<b>8</b> Lifting 3-4:15pm	<b>9</b>	<b>10</b> Lifting 3- 4:15pm  Spring Insertion Practice 8:30-9:30pm - BSC	<b>11</b>  Lifting 3-4:15pm	<b>12</b>	<b>13</b>
14  <a href="#">Mother's Day</a>	<b>15</b>  Lifting 3-4:15pm	<b>16</b>	<b>17</b> Lifting 3- 4:15pm  Spring Insertion Practice 8:30-9:30pm - BSC	<b>18</b>  Lifting 3-4:15pm	<b>19</b>	<b>20</b>
<b>21</b> TEAM EVENT – WILSON FARM PARK – 9am – Steps to Cure Sarcoma Run – Mark Herzlich Fundraiser	<b>22</b>  Lifting 3-4:15pm	<b>23</b>	<b>24</b> Lifting 3- 4:15pm  Spring Insertion Practice 8:30-9:30pm - BSC	<b>25</b> Lifting 3- 4:15pm  Valor Bowl – at Downingtown 7pm – Come watch our seniors play!	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>  <a href="#">Memorial Day</a>  No SCHOOL	<b>30</b>	<b>31</b> Lifting 3- 4:15pm  Spring Insertion Practice 8:30-9:30pm - BSC			

# June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1  Lifting 3-4:15pm	2	3
4 Rising Freshman Welcome Day – Time TBD- On TEAMER FIELD	5  Lifting 3-4:15pm	6  Stoga GRADUATION!	7  7 on 7 at Marple Lineman Included 6pm	8  Lifting 3-4:15pm	9	10
11	12 Mini Camp 3:30-5	13 Mini Camp 3:30-5	14 Lifting 3-4:15pm	15	16	17 Downingtown West Shootout 7 on 7 - Skill only  9am-1pm
18  <a href="#">Father's Day</a>	19 Summer Lifting schedule begins  Lifting 9am-11am	20	21 Lifting 9am-11am  Wed Night Workout 7pm – TEAMER (9 <sup>th</sup> -12 <sup>th</sup> )	22 Lifting 9am-11am	23	24
25	26 Lifting 9am-11am	27	28 Lifting 9am-11am Workout 7pm – TEAMER (9 <sup>th</sup> -12 <sup>th</sup> )	29 Lifting 9am-11am	30	

# July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	<b>3</b> Lifting 9am-11am	<b>4</b> <a href="#">Independence Day</a>	<b>5</b> Workout 7pm – TEAMER (9 <sup>th</sup> -12 <sup>th</sup> )	<b>6</b> Lifting 9am-11am	<b>7</b>	8
9	<b>10</b> Lifting 9am-11am	<b>11</b>	<b>12</b> Lifting 9-11am 7on7 -Marple at Stoga Teamer 7pm	<b>13</b> Lifting 9am-11am	<b>14</b>	15
16	<b>17</b> Lifting 9am-11am	<b>18</b>	<b>19</b> Lifting 9am-11am 7 on 7 – Pope John Paul at Stoga 7pm	<b>20</b> Lifting 9am-11am	<b>21</b>	22
23	<b>24</b> Lifting 9am-11am Youth Camp 1-4	<b>25</b> Youth Camp 1-4	<b>26</b> Lifting 9am-11am 7pm- Team Workout TEAMER Youth Camp 1-4	<b>27</b> Lifting 9am-11am Youth Camp 1-4	<b>28</b> Youth Camp 1-4	29
30	<b>31</b>					

## August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OFF WEEK	<b>No Workout</b>	<b>1 No Workout</b>	<b>2 No Workout</b>	<b>3 No Workout</b>	<b>4 No Workout</b>	5
6	<b>7 Heat ACC 2 practices</b>	<b>8 Heat Acc 1 Practice</b>	<b>9 Heat Acc 2 Practices</b>	<b>10 Heat Acc 1 Practice  Picture Day</b>	<b>11 Heat Acc 2 Practices</b>	12 TEAM BUILDING EVENT -
13	<b>14 Camp 2 Practices</b>	<b>15 Camp 2 Practices</b>	<b>16 Camp 2 Practices</b>	<b>17 Camp 2 Practices</b>	<b>18 Camp 1 Practice</b>	19 Scrimmage at Unionville 10am
20	<b>21 Normal Practice Schedule</b>	<b>22 Normal Practice Schedule</b>	<b>23 Normal Practice Schedule</b>	<b>24 Normal Practice Schedule</b>	<b>25 Game Day!  HOME – 7pm Owen J Roberts</b>	26