

# June 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 WORKOUT #1	2	3 WORKOUT #2	4	5
6	7 WORKOUT #3	8 WORKOUT #4 7 on 7 @ Richwood 11:30	9	10 WORKOUT #5	11	12
13	14 WORKOUT #6	15 WORKOUT #7 7 on 7 ST. Freds @ Home 11:30	16	17 WORKOUT #8	18	19
20	21 WORKOUT #9	22 WORKOUT #10 7 on 7 Richwood @ Home 11:30	23	24 WORKOUT #11	25	26
27	28 WORKOUT #12	29 WORKOUT #13	30	1	2	3
4	5	Notes				
Group - 7 Skill - Position Specific w/ cleats on Gamefield, 7 Bigs - Weightroom (7:50 Flip) 9 a.m. Group - 9 Skill - Position Specific w/ cleats on Gamefield, 9 Bigs - Weightroom (9:50 Flip) 7 a.m.						

# July 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
				WORKOUT # 14		
4	5	6	7	8	9	10
	July 4th Weekend OFF No Workouts	WORKOUT #15		WORKOUT # 16		
11	12	13	14	15	16	17
	WORKOUT # 17	WORKOUT # 18		WORKOUT # 19		
18	19	20	21	22	23	24
	WORKOUT # 20	WORKOUT # 21		WORKOUT # 22		
25	26	27	28	29	30	31
1	2	Notes				
		Group - 7 Skill - Position Specific w/ cleats on Gamefield, 7 Bigs - Weightroom (7:50 Flip) 9 a.m. Group - 9 Skill - Position Specific w/ cleats on Gamefield, 9 Bigs - Weightroom (9:50 Flip) 7 a.m.				

# August 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2	3	4	5	6	7	
	First Practice Helmets Only			GOWO Membership and Parent Meeting @5:30, Meet the Chiefs @ 6			
8	9	10	11	12	13	14	
	First Practice Shells			First Full Pad Practice			
15	16	17	18	19	20	21	
					UNION SCRIMMAGE @ HOME 6 PM		
22	23	24	25	26	27	28	
					WINNFIELD JAMBOREE @ HOME 6 PM		
29	30	31	1	2	3	4	
	OCS HOME 6 PM						
5	6	Notes					