			MAY 2023			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
	<b>FULL TEAM</b> 2:19-4:00 <b>JR HIGHS</b> 4:00-5:00	<b>FULL TEAM</b> 2:19-4:00 <b>JR HIGHS</b> 4:00-5:00	2:30-3:30: FCA	<b>FULL TEAM</b> 2:19-4:00 <b>JR HIGHS</b> 4:00-5:00	SPEED TRAINING 6:00-7:00AM	
7	8	9	10	11	12	13
	FULL TEAM 2:19-4:00 JR HIGHS 4:00-5:00	FULL TEAM 2:19-4:00 JR HIGHS 4:00-5:00	2:30-3:30: FCA	FULL TEAM 2:19-4:00 JR HIGHS 4:00-5:00	SPEED TRAINING 6:00-7:00AM	
14	15	16	17	18	19	20
Mother's Day	FULL TEAM 2:19-4:00 JR HIGHS 4:00-5:00 7pm: TTC Meet	FULL TEAM 2:19-4:00 JR HIGHS 4:00-5:00	3:00: MAC RED Combine @ Stevenson	State Combine Class of '24/'25 FULL TEAM: 219-4 JR HIGHS: 4-5	SPEED TRAINING 6:00-7:00AM	
21	22	23	24	25	26	27
	FULL TEAM 2:19-4:00 JR HIGHS 4:00-5:00 7pm: ABC Meet	<b>FULL TEAM</b> 2:19-4:00 <b>JR HIGHS</b> 4:00-5:00	2:30-3:30: FCA	HELMET PICKUP 230-4PM	SPEED TRAINING 6:00-7:00AM	
28	<b>29</b> Memorial Day	<b>30</b> <b>PRACTICE</b> 3:00-6:00: VAR 4:00-6:00: JV/FR	<b>31</b> <b>PRACTICE</b> 3:00-6:00: VAR 4:00-6:00: JV/FR	<u>NOTES:</u> * T-Shirts Distributed to players: May 3 <sup>rd</sup> & 4 <sup>th</sup> * Team Captain Applications due: May15th *Titan TD Club Meeting: May 15 <sup>th</sup> 7pm ECC * SHS Athletic Booster Club Meeting: May 22 7pm ECC * Adrenaline Fundraising: May 31st * Summer Camp: Link <u>Click Here</u>		



	JUNE 2023							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
NOTES: * SUMMER CAMP \$ * College Camps:_	DUE: JUNE 12 <u>LINK</u> LINK		<b>PRACTICE</b> 3:00-6:00: VAR 4:00-6:00: JV/FR	2	3			
4 GOLF OUTING CRACKLEWOOD	<b>5</b> <b>PRACTICE</b> 3:00-6:00: VAR 4:00-6:00: JV/FR	<b>6</b> <b>PRACTICE</b> 3:00-6:00: VAR 4:00-6:00: JV/FR	7 ½ DAY EXAMS	8 ½ DAY EXAMS	<b>9</b> ½ DAY EXAMS	10		
11	12 TRAINING 9-11AM ALL LEVELS	13 TRAINING 9-11AM 7v7 @UTICA 6pm	14	15 TRAINING 9-11AM:VAR 4-6PM: JV/FR FAMILY NIGHT 5PM	16 CENTRAL MICH 7V7	17		
18 Father's Day	<b>TRAINING</b> 9-11AM ALL LEVELS	20 TRAINING 9-11AM ALL LEVELS	21 OSU 7V7	22 TRAINING 9-11AM:VAR 4-6PM: JV/FR	23	24		
25	26 TRAINING 9-11AM ALL LEVELS	27 TRAINING 9-11AM ALL LEVELS 7V7 @ ROSEVILLE 6PM	28 7v7 TBD	29 TRAINING 9-11AM:VAR FAMILY BBQ STONY CREEK PARK	30	1		



	JULY 2023							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
* JUNE 17 <sup>TH</sup> : GVSU CAMP \$ Due- \$300 (Varsity Only) * JUNE 17 <sup>TH</sup> : PLANET HS PAPERWORK DUE: LINK (PHYSICALS/EMERGENCY CARDS/P2P APPLICATION)								
2	3	4	5	6	7	8		
	DEAD WEEK	DEAD WEEK	DEAD WEEK	DEAD WEEK	DEAD WEEK			
9	10	11	12	13	14	15		
SUMMER PHASE WEEK 4	TRAINING 9-11AM ALL LEVELS 7pm TTC Meeting	TRAINING 9-11AM ALL LEVELS		TRAINING 9-11AM:VAR 4-6PM: JV/FR FAMILY NIGHT 5PM				
16	17	18	19	20	21	22		
SUMMER PHASE WEEK 5	TRAINING 9-11AM ALL LEVELS	TRAINING 9-11AM ALL LEVELS		TRAINING 9-11AM:VAR 4-6PM: JV/FR *EQUIPMENT HANDOUT				
23	24	25	26	27	28	29		
CAMP WEEK	VAR AT GVSU	VAR AT GVSU	VAR AT GVSU	VAR AT GVSU				
V: GVSU JV/F-HOME	JV/F 5:00-7:00 @ Stevenson	JV/F 5:00-7:00 @ Stevenson	JV/F 5:00-7:00 @ Stevenson	JV/F 5:00-7:00 @ Stevenson				
30	31							
DEAD WEEK	DEAD WEEK							



	AUGUST 2023							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
		1	2	3	4	5		
		DEAD WEEK	DEAD WEEK	DEAD WEEK	DEAD WEEK			
6	7	8	9	10	11	12		
SENIOR DAY ESCAPE ROOM	1 <sup>st</sup> DAY OF PRACTICE VAR 1-8pm JV/ FRESH 400-800pm	<b>VAR</b> 1-8pm <b>JV/ FRESH</b> 400-800pm	<b>VAR</b> 1-8pm <b>JV/ FRESH</b> 400-800pm	<b>VAR</b> 1-8pm <b>JV/ FRESH</b> 400-800pm	<b>VAR</b> 1-8pm <b>JV/ FRESH</b> 400-800pm	Pictures Blue/White Scrimmage 8-2PM		
13	14	15	16	17	18	19		
MOMS OF FALL PICTURES	<b>VAR</b> 1-8pm <b>JV/ FRESH</b> 400-800pm	<b>VAR</b> 1-8pm <b>JV/ FRESH</b> 400-800pm	<b>VAR</b> 1-8pm <b>JV/ FRESH</b> 400-800pm	<u>FR/JV Scrim</u> 2-4pm <u>VAR Scrim</u> 5-8pm @ Oxford	<b>VAR</b> 1-8pm <b>JV/ FRESH</b> 400-800pm	OFF		
20	21	22	23	24	25	26		
ALL Levels 5-730pm	<b>ALL LEVELS</b> 4-8PM	ALL LEVELS 4-8PM	ALL LEVELS 4-8PM	FR/JV VS NOVI (H)4:30/6PM	VAR @ NOVI 7PM	OFF		
27	28	29	30	31				
ALL Levels 5-730pm	VAR/JV 230-530 FRESH 400-700PM	1 <sup>st</sup> DAY OF SCHOOL	FR/JV VS Lakeview (H) 430/6:00PM	VAR VS LAKEVIEW (A) 7:00PM				



SEPTEMBER 2023								
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
27	28	29	30	31	1	2		
					OFF	OFF		
3	4	5	6	7	8	9		
OFF	Labor Day Practice 500-700pm All Levels	<b>VAR/JV</b> 230-530pm <b>FRESH</b> 400-700pm	<b>VAR/JV</b> 230-530pm <b>FRESH</b> 400-700pm	FR/JV VS ROMEO (A) 430/6:00PM	VAR VS ROMEO (H) 7:00PM	OFF		
10	11	12	13	14	15	16		
OFF	<b>VAR/JV</b> 230-530pm <b>FRESH</b> 400-700pm	<b>VAR/JV</b> 230-530pm <b>FRESH</b> 400-700pm	<b>VAR/JV</b> 230-530pm <b>FRESH</b> 400-700pm	FR/JV VS DAKOTA (A) 430/6:00PM	VAR VS DAKOTA (H) 7:00PM	OFF		
17	18	19	20	21	22	23		
OFF	<b>VAR/JV</b> 230-530pm <b>FRESH</b> 400-700pm	<b>VAR/JV</b> 230-530pm <b>FRESH</b> 400-700pm	<b>VAR/JV</b> 230-530pm <b>FRESH</b> 400-700pm	FR/JV VS EISENHOWER (H) 430/6:00PM	VAR VS EISENHOWER (A) 7:00PM	OFF		
24	25	26	27	28	29	30		
OFF	<b>VAR/JV</b> 230-530pm <b>FRESH</b> 400-700pm	<b>VAR/JV</b> 230-530pm <b>FRESH</b> 400-700pm	<b>VAR/JV</b> 230-530pm <b>FRESH</b> 400-700pm	FR/JV VS CHIP VALLEY (A) 430/6:00PM	VAR VS CHIP VALLEY (H) 7:00PM	OFF		



	OCTOBER 2023								
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
1	2	3	4	5	6	7			
	<b>VAR/JV</b> 230-530pm <b>FRESH</b> 400-700pm	<b>VAR/JV</b> 230-530pm <b>FRESH</b> 400-700pm	<b>VAR/JV</b> 230-530pm <b>FRESH</b> 400-700pm	FR/JV VS ANCHOR BAY (H) 430/6:00PM	VAR VS ANCHOR BAY (A) 7:00PM	OFF			
8	9	10	11	12	13	14			
	<b>VAR/JV</b> 230-530pm <b>FRESH</b> 400-700pm	<b>VAR/JV</b> 230-530pm <b>FRESH</b> 400-700pm	VAR/JV 230-530pm SENIOR SPEECH NIGHT	FR/JV VS FRASER (A) 430/6:00PM	VAR VS FRASER (H) 7:00PM	OFF			
15	16	17	18	19	20	21			
	<b>VAR/JV</b> 230-530pm <b>FRESH</b> 400-700pm	<b>VAR/JV</b> 230-530pm <b>FRESH</b> 400-700pm	<b>VAR/JV</b> 230-530pm <b>FRESH</b> 400-700pm	FR/JV VS ROCHESTER ADAMS (H) 430/6PM	VAR VS ROCHESTER ADAMS (A) 7:00PM	OFF			
22	23	24	25	26	27	28			
PLAYOFF SELECTION SHOW	<b>VAR</b> 230-530pm	<b>VAR</b> 230-530pm	<b>VAR</b> 230-530pm	<b>VAR</b> 230-530pm	PRE-DISTRICT PLAYOFF GAME 7PM				
29	<b>30</b> VAR 230-530pm	<b>31</b> VAR 230-530pm	1	2	3	4			



	NOVEMBER 2023								
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
29	30	31	1	2	3 DISTRICT	4			
			<b>VAR</b> 230-530pm	<b>VAR</b> 230-530pm	PLAYOFF GAME 7PM				
5	6	7	8	9	10	11			
	<b>VAR</b> 230-530pm	<b>VAR</b> 230-530pm	<b>VAR</b> 230-530pm	<b>VAR</b> 230-530pm	REGIONAL PLAYOFF GAME 7PM	Veterans Day			
12	13	14	15	16	17	18			
	<b>VAR</b> 230-530pm	<b>VAR</b> 230-530pm	<b>VAR</b> 230-530pm	<b>VAR</b> 230-530pm	<b>VAR</b> 230-530pm	STATE SEMI FINAL GAME 12PM			
19	20	21	22	23	24	25			
	<b>VAR</b> 230-530pm	<b>VAR</b> 230-530pm	<b>VAR</b> 230-530pm	Thanksgiving Day <b>VAR</b> 800-10am	<b>VAR</b> 230-530pm	STATE CHAMPIONSHIP GAME 1PM			
26	27	28	29	30	1	2			



	DECEMBER 2023								
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
26	27	28	29	30	1	2			
3	4	5	6 2023 FOOTBALL BANQUET	7	8	9			
10	11	12	13	14	15	16			
17	18	19	20	21	22	23			
24	<b>25</b> Christmas	26	27	28	29	30			
31	1	2	3	4	5	6			





Faith

Family

Toughness