

Sentinels Football

April 24-August 13

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
April 24	April 25	April 26	April 27	April 28	April 29	April 30
	Practice 3:30-6pm	Practice 3:30-6pm	Practice 3:30-5pm	Practice 3:30-6pm	Practice 3:30-6pm	Athletic Physicals 9am-12pm
May 1	May 2	May 3	May 4	May 5	May 6	May 7
	Practice 3:30-6pm	Practice 3:30-6pm	Practice 3:30-5pm	Practice 3:30-6pm	Practice 3:30-6pm	
May 8	May 9	May 10	May 11	May 12	May 13	May 14
	Practice 3:30-6pm	Practice 3:30-5:30pm **Sports Banquet**	Practice 3:30-5pm	Practice 3:30-6pm	Practice 3:30-6pm	
May 15	May 16	May 17	May 18	May 19	May 20	May 21
	Practice 3:30-6pm	Practice 3:30-6pm	Practice 3:30-5pm	GAME VS. ESTERO @ Estero at 7pm	Practice 3:30-4:30pm **SPRING WRAPUP**	
May 22	May 23	May 24	May 25	May 26	May 27	May 28
	Study for Exams	Study for Exams	Study for Exams	Study for Exams	Study for Exams	
May 29	May 30	May 31	June 1	June 2	June 3	June 4
	Optional Lifting 8am-10:00am	**Optional Lifting 8am-10:00am**	**Optional Lifting 8am-10:00am**	**Optional Lifting 8am-10:00am**	NO LIFTING	
June 5	June 6	June 7	June 8	June 9	June 10	June 11
	Lifting 8-10:00am	Lifting 8-10:00am	Lifting 8-10:00am	Lifting 8-10:00am	NO LIFTING	
June 12	June 13	June 14	June 15	June 16	June 17	June 18
	Lifting 8-10:00am	Lifting 8-10:00am	Lifting 8-10:00am	Lifting 8-10:00am	NO LIFTING	
June 19	June 20	June 21	June 22	June 23	June 24	June 25
	Lifting 8-10:00am	Lifting 8-10:00am	Lifting 8-10:00am	Lifting 8-10:00am	NO LIFTING	
June 26	June 27	June 28	June 29	June 30	July 1	July 2
	Lifting 8-10:00am	Lifting 8-10:00am	Lifting 8-10:00am	Lifting 8-10:00am	NO LIFTING	
July 3	July 4	July 5	July 6	July 7	July 8	July 9
	NO LIFTING	Lifting 8-10:00am	Lifting 8-10:00am	Lifting 8-10:00am	NO LIFTING	
July 10	July 11	July 12	July 13	July 14	July 15	July 16
	Lifting 8-10:00am	Lifting 8-10:00am	No Lifting Leaving for APPALACHIAN STATE CAMP @ 10pm	APPALACHIAN STATE TEAM CAMP IN BOONE, NC	APPALACHIAN STATE TEAM CAMP IN BOONE, NC	APPALACHIAN STATE TEAM CAMP IN BOONE, NC
July 17	July 18	July 19	July 20	July 21	July 22	July 23
Return from APP. ST. CAMP late night 7/17/early morn	Return from APP. ST. CAMP around 12am-2am	NO LIFTING	NO LIFTING	NO LIFTING	NO LIFTING	
July 24	July 25	July 26	July 27	July 28	July 29	July 30
	Conditioning Week 8am-10:30am	Conditioning Week 8am-10:30am	Conditioning Week 8am-10:30am	Conditioning Week 8am-10:30am	Conditioning Week 8am-10:30am	
July 31	August 1	August 2	August 3	August 4	August 5	August 6
	1st Day of Fall Football - Practice 3:30-6pm	Practice 3:30-6pm	Practice 3:30-5pm	Practice 3:30-6pm **Freshmen Orientation**	Practice 3:30-5:30 **Upper School Orientation**	
August 7	August 8	August 9	August 10	August 11	August 12	August 13
	Practice 3:30-6pm	Practice 3:30-6pm	1st Day of School Practice 3:30-5pm	Practice 3:30-6pm	Practice 3:30-6pm	

