**CT Football Offseason Workouts- 2024**

**January 2024**

Tuesday 1/19 Player Meeting 7:30am (Weight Room)

Wednesday 1/10 Lifting 3:30-5:30pm

Wednesday 1/17 Lifting 3:30-5:30pm

Monday 1/22 Throwing 7:15-8am

Tuesday 1/23 Lifting 3:30-5:30pm

Thursday 1/25 Lifting 3:30-5:30pm

Monday 1/29 Lifting 3:30-5:30pm

Wednesday 1/31 Lifting 3:30-5:30pm

**February 2024**

Monday 2/5 Throwing 7:15-8am

Tuesday 2/6 Lifting 3:30-5:30pm

Thursday 2/8 Lifting 3:30-5:30pm

Monday 2/12 Lifting 3:30-5:30pm

Wednesday 2/14 Lifting 3:30-5:30pm

Thursday 2/22 Lifting 3:30-5:30pm

Monday 2/26 Lifting 3:30-5:30pm

Wednesday 2/28 Lifting 3:30-5:30pm

**March 2024**

Monday 3/4 Throwing 7:15-8am

Tuesday 3/5 Lifting 3:30-5:30pm

Thursday 3/7 Lifting 3:30-5:30pm

Monday 3/11 Lifting 3:30-5:30pm

Wednesday 3/13 Lifting 3:30-5:30pm

Monday 3/25 Throwing 7:15-8am

Tuesday 3/26 Lifting 3:30-5:30pm

Thursday 3/28 Lifting 3:30-5:30pm

**April 2024**

Monday 4/1 Lifting 3:30-5:30pm, Parent Meeting 5pm (Cafeteria)

Wednesday 4/3 Lifting 3:30-5:30pm

Monday 4/8 Throwing 7:15-8am

Tuesday 4/9 Lifting 3:30-5:30pm

Thursday 4/11 Lifting 3:30-5:30pm

Monday 4/15 Lifting 3:30-5:30pm

Thursday 4/18 Lifting 3:30-5:30pm

Monday 4/22 Lifting 3:30-5:30pm

Thursday 4/25 Lifting 3:30-5:30pm

Monday 4/29 Lifting 3:30-5:30pm

**May 2024**

Wednesday 5/1 Lifting 3:30-5:30pm (All)

Thursday 5/2 Lifting 3:30-5:30pm (Incoming Freshmen only)

Monday 5/6 Throwing 7:15-8am

Monday 5/6 Lifting 3:30-5:30pm (Incoming Freshmen only)

Tuesday 5/7 Lifting 3:30-5:30pm (All)

Wednesday 5/8 Lifting 3:30-5:30pm (Incoming Freshmen only)

Thursday 5/9 Lifting 3:30-5:30pm (All)

Monday 5/13 Lifting 3:30-5:30pm (All)

Tuesday 5/14 Lifting 3:30-5:30pm (Incoming Freshmen only)

Wednesday 5/15 Lifting 3:30-5:30pm (All)

Thursday 5/16 Lifting 3:30-5:30pm (Incoming Freshmen only)

Monday 5/20 Testing TBD, Senior Equipment Check Out

Tuesday 5/21 Testing TBD, Junior Equipment Check Out

Wednesday 5/22 Testing TBD, Sophomore Equipment Check Out

Thursday 5/23 Testing TBD

Team Camp: Tuesday 5/28 thru Friday 6/7 (Varsity in Pueblo Wednesday 6/5-Friday 6/7)