

May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
Cinco de Mayo 5	6	7	Colt Football MS Parent Meeting 7:00 PM- CHS 8	9	10	11
Mother's Day 12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	Memorial Day 27	28	Colt Football Install Camp (6:30 AM- 8:30 AM) SR/ JR Equipment Checkout (Post Practice) 29	Colt Football Install Camp (6:30 AM- 8:30 AM) SO/ FR Equipment Checkout (Post Practice) 30	31	

June 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Colt Football Camp (6:30 AM- 8:30 AM) SR/ JR Lift (8:40 AM- 9:15 AM)	4 Colt Football Camp (6:30-8:30) SO/ FR Lift (8:40-9:15)	5 Colt Football Camp (6:30-8:30) SR/ JR Lift (8:40-9:15)	6 Colt Football Camp (6:30-8:30) SO/ FR Lift (8:40-9:15)	7 Colt Football Camp (6:30-8:30) NO LIFT Basketball Camp	8 Basketball Camp
9 Basketball Camp	10 Walkthrough Practice/ Lift- 6:30 AM- 8:00 AM (9-12)	11 Benedictine Camp (10-12)	12 Benedictine Camp (10-12)	13 Film/ Lift- 6:30 AM- 8:00 AM (9-12)	14 Coaches/ Players Off	15
16 Father's Day	17 Summer Weights Week 1 (6:30 AM- 8:00 AM)- S/C 9:00 AM- 10:00 AM Skill/ Drill	18 Summer Weights Week 1 (6:30 AM- 8:00 AM)- S/C 9:00 AM- 10:00 AM Skill/ Drill	19 Summer Weights Week 1 (6:30 AM- 8:00 AM)- S/C 9:00 AM- 10:00 AM- Skill and Drill/ 7v7 @ CHS	20 Summer Weights Week 1 (6:30 AM- 8:00 AM)- S/C 9:00 AM- 10:00 AM Skill/ Drill	21 Off	22
23	24 Summer Weights Week 2 (6:30 AM- 8:00 AM)- S/C 9:00 AM- 10:00 AM Skill/ Drill	25 Summer Weights Week 2 (6:30 AM- 8:00 AM)- S/C 9:00 AM- 10:00 AM Skill/ Drill	26 Summer Weights Week 2 (6:30 AM- 8:00 AM)- S/C 9:00 AM- 10:00 AM- Skill and Drill/ 7v7 @ CHS	27 Summer Weights Week 2 (6:30 AM- 8:00 AM)- S/C 9:00 AM- 10:00 AM Skill/ Drill	28 Off	29

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30						

July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 OFF	2 OFF	3 OFF	4 OFF	5 OFF	6
7	8 Summer Weights Week 3 (6:30 AM- 8:00 AM)- S/C 9:00 AM- 10:00 AM Skill/ Drill	9 Summer Weights Week 3 (6:30 AM- 8:00 AM)- S/C 9:00 AM- 10:00 AM Skill/ Drill	10 Summer Weights Week 3 (6:30 AM- 8:00 AM)- S/C 9:00 AM- 10:00 AM- Skill and Drill/ 7v7 @ CHS	11 Summer Weights Week 3 (6:30 AM- 8:00 AM)- S/C 9:00 AM- 10:00 AM Skill/ Drill Middle School Staff Chalk Talk #2	12	13
14	15 Summer Weights Week 4 (6:30 AM- 8:00 AM)- S/C 9:00 AM- 10:00 AM- Skill/ Drill Middle School Camp- 6:00 PM- 8:00 PM	16 Summer Weights Week 4 (6:30 AM- 8:00 AM)- S/C 9:00 AM- 10:00 AM- Skill/ Drill Middle School Camp- 6:00 PM- 8:00 PM	17 Summer Weights Week 4 (6:30 AM- 8:00 AM)- S/C 9:00 AM- 10:00 AM- Skill and Drill/ 7v7 @ CHS	18 Goddard Team Camp Goddard High School 8:00 AM- 12:00 PM	19 Colt Football Alumni Event- TBD	20 Little League Staff Chalk Talk #2
21	22 Summer Weights Week 5 (6:30 AM- 8:00 AM)- S/C 9:00 AM- 10:00 AM- Skill/ Drill Youth Camp- 6:00 PM- 7:30 PM	23 Summer Weights Week 5 (6:30 AM- 8:00 AM)- S/C 9:00 AM- 10:00 AM- Skill/ Drill Youth Camp- 6:00 PM- 7:30 PM	24 Summer Weights Week 5 (6:30 AM- 8:00 AM)- S/C 9:00 AM- 10:00 AM- Skill and Drill/ 7v7 @ CHS	25 Summer Weights Week 5 (6:30 AM- 8:00 AM)- S/C 9:00 AM- 10:00 AM- Skill/ Drill	26 OFF	27

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	28	29	30	31		
	Summer Weights Week 6 (6:30 AM- 8:00 AM)- S/C 9:00 AM- 10:00 AM- Skill/ Drill	Summer Weights Week 6 (6:30 AM- 8:00 AM)- S/C 9:00 AM- 10:00 AM- Skill/ Drill	Summer Weights Week 6 (6:30 AM- 8:00 AM)- S/C 9:00 AM- 10:00 AM- Skill/ Drill/ 7v7 @ CHS			

August 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Summer Weights Week 6 (6:30 AM- 8:00 AM)- S/C 9:00 AM- 10:00 AM- Skill/ Drill	2	3
4	5 OFF	6 OFF	7 OFF	8 OFF	9 OFF	10
11	12 S/C Time dependent on Heat Zone	13 S/C Time dependent on Heat Zone	14 S/C Time dependent on Heat Zone	15 S/C Time dependent on Heat Zone	16 S/C Time dependent on Heat Zone	17
18	19 First Day of Practice 3:20- 3:55- Film 4:00- 5:30- Practice	20	21	22	23	24
25	26	27	28	29	30 Intrasquad Scrimmage/ Community Night	31