

March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>Feb 28</i> AM Lifts @ 7:40 8:30 AM QB Meet 5 BEAR Olympics Start	1 AM Lifts @ 7:40	2 AM Lifts @ 7:40 7:30-8:40 AM 7on7	3 AM Lifts @ 7:40 8:45 BEAR Olympics Captains' Meeting 1	4 AM Lifts @ 7:40	5
6	7 AM Lifts @ 7:40 8:30 AM QB Meet 6	8 AM Lifts @ 7:40 7:30-8:40 AM 7on7	9 AM Lifts @ 7:40	10 End Q3 AM Lifts @ 7:40	11 Teacher Plan Day NO AM LIFT	12
13	14 Spring	15 Break -----	16 -----	17 -----	18 -----	19
20	21 AM Lifts @ 7:40 8:30 AM QB Meet 7	22 AM Lifts @ 7:40 7:30-8:40 AM 7on7	23 AM Lifts @ 7:40	24 AM Lifts @ 7:40 8:45 BEAR Olympics Captains' Meeting 2	25 AM Lifts @ 7:40	26
27	28 AM Lifts @ 7:40 8:30 AM QB Meet 8	29 AM Lifts @ 7:40 7:30-8:40 AM 7on7 Progress Reports Due	30 AM Lifts @ 7:40 8:30 AM CCES Reading Buddies	31 AM Lifts @ 7:40 8:45 BEAR Olympics Captains' Meeting 3	1 AM Lifts @ 7:40	

April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 AM Lifts @ 7:40	2
3	4 AM Lifts @ 7:40 8:30 AM QB Meet 9	5 AM Lifts @ 7:40 7:30-8:40 AM 7on7	6 AM Lifts @ 7:40	7 AM Lifts @ 7:40 8:45 BEAR Olympics Captains' Meeting 4	8 AM Lifts @ 7:40	9
10	11 AM Lifts @ 7:40 8:30 AM QB Meet 10 Iron Bear: Squat	12 AM Lifts @ 7:40 Iron Bear: Bench	13 AM Lifts @ 7:40 Iron Bear: Clean	14 AM Lifts @ 7:40 8:45 BEAR Olympics Captains' Meeting 5 Iron Bear: Make-up	15 Easter	16 Break
17 Easter	18 Break	19 7:15-8:30 Blue NO	20 Dawn ----- MORNING	21 ----- LIFTS THIS	22 ----- WEEK	23
24	25 AM Lifts @ 7:40 Practice 1 (Helmets) 4:00 Team Meeting 4:40-6:45 Practice	26 AM Lifts @ 7:40 Practice 2 (Helmets) 4:00 Pos Meetings 4:40-6:45 Practice	27 AM Lifts @ 7:40 8:30 AM CCES Reading Buddies Practice 3 (Shells) 3:00 ST Meeting 3:40-5:45 Practice Rising 9th Grade Practice 5:00-6:30 PM	28 AM Lifts @ 7:40 Practice 4 (Shells) 4:00 Pos Meetings 4:40-6:45 Practice	29 Practice 5 (Shells) 4:00 Pos Meetings 4:40-6:45 Practice	30

May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 AM Lifts @ 7:40 Practice 6 (Full) 4:00 Pos Meetings 4:40-6:45 Practice	3 AM Lifts @ 7:40 Practice 7 (Full) 4:00 Pos Meetings 4:40-6:45 Practice	4 AM Lifts @ 7:40 Practice 8 (Shells) 3:00 ST Meeting 3:40-5:45 Practice Rising 9th Grade Practice 5:00-6:30 PM	5 AM Lifts @ 7:40 Practice 9 (Full) 4:00 Pos Meetings 4:40-6:45 Practice	6 Practice 10 (Full) Scrimmage @	7
8 Mother's Day	9 AM Lifts @ 7:40 Practice 11 (Full) 4:00 Pos Meetings 4:40-6:45 Practice	10 AM Lifts @ 7:40 Practice 12 (Full) 4:00 Pos Meetings 4:40-6:45 Practice	11 AM Lifts @ 7:40 Practice 13 (Shells) 3:00 ST Meeting 3:40-5:45 Practice Rising 9th Grade Practice 5:00-6:30 PM	12 AM Lifts @ 7:40 Practice 14 (Shells) 4:00 Pos Meetings 4:40-6:45 Practice	13 Practice 15 (Full) Scrimmage @	14 State Track
15	16 AM Lifts @ 7:40 Practice 16 (Full) 4:00 Pos Meetings 4:40-6:45 Practice	17 AM Lifts @ 7:40 Practice 17 (Full) 4:00 Pos Meetings 4:40-6:45 Practice	18 AM Lifts @ 7:40 Practice 18 (Shells) 3:00 ST Meeting 3:40-5:45 Practice Rising 9th Grade Practice 5:00-6:30 PM	19 AM Lifts @ 7:40 Practice 19 (Shells)	20 Spring Game @ Columbia	21
22	23 AM Lifts @ 7:40 4:00 Team Meeting	24 AM Lifts @ 7:40	25 AM Lifts @ 7:40	26 AM Lifts @ 7:40	27 FINALS AM Lifts @ 7:40	28
29	30 Memorial Day	31 FINALS AM Lifts @ 7:40 Graduation -7pm				

June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 FINALS AM Lifts @ 7:40	2 FINALS AM Lifts @ 7:40 Last Day / End Q4	3 Teacher Plan	4
5	6 SSA 7:30-10:00 AM Returners SSA 6:00-8:00 PM Rising 9th Graders	7 SSA 7:30-10:00 AM Returners SSA 6:00-8:00 PM Rising 9th Graders <i>6:00 Varsity 7v7</i>	8 SSA 7:30-10:00 AM Returners	9 SSA 7:30-10:00 AM Returners SSA 6:00-8:00 PM Rising 9th Graders	10	11
12	13 SSA 7:30-10:00 AM Returners SSA 6:00-8:00 PM Rising 9th Graders	14 SSA 7:30-10:00 AM Returners SSA 6:00-8:00 PM Rising 9th Graders <i>6:00 Varsity 7v7</i>	15 SSA 7:30-10:00 AM Returners	16 SSA 7:30-10:00 AM Returners SSA 6:00-8:00 PM Rising 9th Graders	17	18
19	20 SSA 7:30-10:00 AM Returners SSA 6:00-8:00 PM Rising 9th Graders	21 SSA 7:30-10:00 AM Returners SSA 6:00-8:00 PM Rising 9th Graders <i>6:00 Varsity 7v7</i>	22 SSA 7:30-10:00 AM Returners	23 SSA 7:30-10:00 AM Returners SSA 6:00-8:00 PM Rising 9th Graders	24 FHS7v7 State Tournament	25
26	27 SSA 7:30-10:00 AM Returners SSA 6:00-8:00 PM Rising 9th Graders	28 SSA 7:30-10:00 AM Returners SSA 6:00-8:00 PM Rising 9th Graders <i>6:00 Varsity 7v7</i>	29 SSA 7:30-10:00 AM Returners	30 SSA 7:30-10:00 AM Returners SSA 6:00-8:00 PM Rising 9th Graders		

July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 SSA 7:30-10:00 AM Returners SSA 6:00-8:00 PM Rising 9th Graders	6 SSA 7:30-10:00 AM Returners	7 SSA 7:30-10:00 AM Returners SSA 6:00-8:00 PM Rising 9th Graders	8	9
10	11 SSA 7:30-10:00 AM Returners SSA 6:00-8:00 PM Rising 9th Graders	12 SSA 7:30-10:00 AM Returners SSA 6:00-8:00 PM Rising 9th Graders	13 SSA 7:30-10:00 AM Returners	14 SSA 7:30-10:00 AM Returners SSA 6:00-8:00 PM Rising 9th Graders	15	16
17 FCA	18 Team Camp ----- (Varsity)	19 -----	20 SSA 7:30-10:00 AM Returners	21 SSA 7:30-10:00 AM Returners SSA 6:00-8:00 PM Rising 9th Graders	22	23
24	25 SSA 7:30-10:00 AM Returners SSA 6:00-8:00 PM Rising 9th Graders	26 SSA 7:30-10:00 AM Returners SSA 6:00-8:00 PM Rising 9th Graders	27 SSA 7:30-10:00 AM Returners	28 SSA 7:30-10:00 AM Returners SSA 6:00-8:00 PM Rising 9th Graders	29	30
31						

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 3:00-7:00 PM Practice 1 (Helmets)	2 3:00-7:00 PM Practice 2 (Helmets)	3 3:00-7:00 PM Practice 3 (Shells)	4 3:00-7:00 PM Practice 4 (Shells)	5 3:00-7:00 PM Practice 5 (Shells)	6
7	8 3:00-7:00 PM Practice 6 (Full)	9 3:00-7:00 PM Practice 7 (Full)	10 1 st Day of School! 3:00-5:45 PM Practice 8 (Shells)	11 4:00-6:50 PM Practice 9 (Full)	12 4:00-6:30 PM Practice 10 (Shells)	13 Official's Training Scrimmage
14	15 8:30 AM V Pos Mtgs 4:00-6:50 PM Practice 11 (Full)	16 4:00-6:50 PM Practice 12 (Full)	17 3:00-5:45 PM Practice 13 (Shells)	18 4:00-6:50 PM Practice 14 (Full)	19 Kickoff Classic (H) 7:00 Riverside	20
21	22 8:30 AM V Pos Mtgs 4:00-6:50 PM Practice (Full)	23 4:00-6:50 PM Practice (Full)	24 3:00-5:45 PM Practice (Shells)	25 Varsity 4-6:15 PM 5:00 @ Ponte Vedra JVb 7:00 @ Ponte Vedra JVa	26 Varsity (H) 7:00 Ponte Vedra	27
28	29 8:30 AM V Pos Mtgs 4:00-6:50 PM Practice 11 (Full)	30 4:00-6:50 PM Practice (Full)	31 3:00-5:45 PM Practice (Shells)			