

◀ Feb 2024		March 2024					Apr 2024 ▶	
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
					1	2		
3	4 <u>No School</u>	5 8 th Grade Weights 430-530pm Off Line 650-750am	6 Def Backs 650-750am Linebackers 350-5pm Off Line 650-750am QBS 650-750am	7 8 th Grade Weights 430-530pm Off Line 650-750am QBS/Skill 650-750am	8	9		
10	11 Def Backs 650-750am Linebackers 350-5pm OL School 650-750am QBS 650-750am	12 8 th Grade Weights 430-530pm Tackling/Coverage Academy 345-445pm Off Line 650-750am	13 Def Backs 650-750am Linebackers 350-5pm Off Line 650-750am QBS 650-750am	14 8 th Grade Weights 430-530pm Tackling/Coverage Academy 345-445pm Off Line 650-750am QBS/Skill 650-750am	15	16		
17	18 Def Backs 650-750am Linebackers 350-5pm OL School 650-750am QBS 650-750am	19 8 th Grade Weights 430-530pm Tackling/Coverage Academy 345-445pm Off Line 650-750am	20 Def Backs 650-750am Linebackers 350-5pm Off Line 650-750am QBS 650-750am	21 8 th Grade Weights 430-530pm Tackling/Coverage Academy 345-445pm Off Line 650-750am QBS/Skill 650-750am	22	23		
24	25 Def Backs 650-750am Linebackers 350-5pm OL School 650-750am QBS 650-750am	26 8 th Grade Weights 430-530pm Tackling/Coverage Academy 345-445pm Off Line 650-750am	27 Def Backs 650-750am Linebackers 350-5pm Off Line 650-750am QBS 650-750am	28 8 th Grade Weights 430-530pm Tackling/Coverage Academy 345-445pm Off Line 650-750am QBS/Skill 650-750am	29	30		
31	QBS Monday-Arm Program Wednesday- Footwork/Playbook Thursday- Throwing							