

2024 D-TOWN FOOTBALL OFF-SEASON WORK OUT SCHEDULE (All dates and times subject to change)

WEEK #	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
TEAM CAMP July 15-18:	TEAM TRIP	TEAM CAMP			OFF	OFF	OFF
OFF July 22-July 29	OFF						
OTA's July 29-Aug 2	Lift AM	Lift AM	Lift AM	Lift AM	OFF	OFF	OFF
HEAT; Aug 5 Aug 9	Varsity/JV Only 10-12		Varsity/JV Only 10-12		Varsity/JV Only 10-12		
HEAT; Aug 5-Aug 9	HEAT CAMP (Varsity/JV, 9th Grade) 4PM to 7PM					GOLD CARDS	OFF
SUMMER CAMP Week #1 Aug 12	2 a days Times to follow (AM Only for Freshmen, AM and 4-6 pm Varsity/JV)				AM ONLY	Scrimmage	OFF
GAME WEEK; Aug. 19	3 to 6	3 to 6	3 to 6	3 to 6	GAME @ North Penn	PRACTICE	OFF