

**2026 D-TOWN FOOTBALL OFF-SEASON WORK OUT SCHEDULE (All dates and times subject to change)**

WEEK #	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.	
TESTING; Dec 8th; 9th & 13th	Seniors L&L	Testing	Juniors L&L	Soph L&L		Testing		
INTRODUCTION; Jan 2-3	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	OFF		
WEEK 1-1; Jan 5-9	SOPH	JR&SR	ALL	SOPH	JR&SR ONLY	TBD		
WEEK 1-2; Jan 12-16	SOPH	JR&SR	ALL	SOPH	JR&SR ONLY	OFF		
WEEK 1-3; Jan 19-24	NO SCHOOL	JR&SR	ALL	SOPH	JR&SR ONLY	TBD		
WEEK 1-4; Jan 26-30	SOPH	JR&SR	ALL	SOPH	JR&SR ONLY	TBD		
WEEK 1-5; Feb 2-6	SOPH	JR&SR	ALL	SOPH	JR&SR ONLY	TBD		
WEEK 1-6; Feb 9-13	SOPH	JR&SR	ALL	SOPH	JR&SR ONLY	OFF		
WEEK 1-7; Feb 16-20	NO SCHOOL	JR&SR	ALL	SOPH	JR&SR ONLY	TBD		
WEEK 1-8; Feb 23-27	MAKE UP	ALL	ALL	ALL	OFF	TBD		
WEEK 1-9; March 2-6	SOPH	JR&SR	ALL	SOPH	JR&SR ONLY	OFF		
WEEK 1-10 March 9-13	NO SCHOOL	JR&SR	ALL	SOPH	JR&SR ONLY	TBD		
WEEK 1-11 March 16-19	SOPH	JR&SR	ALL	ALL	OFF	TBD		
WEEK 1-12 March 23-27	SOPH	JR&SR	ALL	SOPH	JR&SR ONLY	TBD		
TESTING March 30-31	TESTING	TESTING	MAKE UP	NO SCHOOL	NO SCHOOL	OFF		
WEEK 2-1; April 5-10	NO SCHOOL	STRONG	LIFT	LIFT	LIFT	TBD		
WEEK 2-2; April 13-17	STRONG	LIFT	OFF	LIFT	LIFT	TBD		
WEEK 2-3; April 20-24	STRONG	LIFT	MAKE UP	LIFT	LIFT	TBD		
WEEK 2-4; April 27-May 1	STRONG	LIFT	1/2 DAY	LIFT	LIFT	TBD		
WEEK 2-5 May 4-8	STRONG	LIFT	MAKE UP	LIFT	LIFT	TBD		
WEEK 2-6 May 11-15	STRONG	LIFT	MAKE UP	LIFT	LIFT			
WEEK 2-7 May 18-22	STRONG	LIFT	MAKE UP	LIFT	LIFT			
MINI CAMP: May 26-29	NO SCHOOL	MINI CAMP				OFF		
WEEK 3-1 June 1-5 (after school)	LIFT	LIFT	LIFT	GRAD/OFF	LIFT	OFF		
WEEK 3-2 June 8-11 (AM)	LIFT	LIFT	STRONG	LIFT	OFF	OFF		
B&G CAMP JUNE 15-JUNE 19	9:00-2:00	9:00-2:00	9:00-2:00	9:00-2:00	9:00-12:00	OFF		
WEEK 3-3 June 15-18 (AM)	LIFT	LIFT	STRONG PM 7-7	LIFT	OFF	OFF		
WEEK 3-4; June 22-25 (AM)	LIFT	LIFT	STRONG PM 7-7	LIFT	OFF	OFF		
WEEK 3-5; June 29 -July 2 (AM)	LIFT	LIFT	STRONG	OFF	OFF	OFF		
WEEK 3-6 July 6-9 (AM)	LIFT	LIFT	STRONG	LIFT	OFF	OFF		
TEAM CAMP July 13-16	TEAM TRIP	TEAM CAMP			OFF	OFF	OFF	
OFF July 17-July 26	OFF							
OTA's July 27-31	Lift AM	Lift AM	Lift AM	Lift AM	OFF	OFF	OFF	
OTA's; Aug 3 Aug 7	Lift AM	Lift AM	Lift AM	Lift AM	OFF	OFF	OFF	
HEAT; August 10-August 14	TEST 10-12		TEST 10-12		TEST 10-12		GOLD CARDS	
HEAT; August 10-August 14	HEAT CAMP 4PM to 7PM							
SUMMER CAMP Aug 17-21	2 a days Times to follow				AM ONLY	Scrimmage	OFF	
GAME WEEK; Aug. 24	2 to 6	2 to 6	2 to 6	2 to 6	GAME	PRACTICE	OFF	
After School starts 3:00								
AM Starts 7:15 unless indicated otherwise								
July 28th Gold Card Hand Out								
August 14th Mom's Clinic 5:00 PM								
August 15th Gold Card BLITZ								
August 20th Family Social								
August 21st 1:00 Team Pictures								