

2025 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 9th; 10th & 14th	Seniors	Testing				Testing	
INTRODUCTION; Jan 2-3	NO SCHOOL	NO SCHOOL	NO SCHOOL	SOPH	JR&SR ONLY	OFF	
WEEK 1-1; Jan 6-10	SOPH	JR&SR	ALL	SOPH	JR&SR ONLY	TBD	
WEEK 1-2; Jan 13-17	SOPH	JR&SR	ALL	SOPH	JR&SR ONLY	OFF	
WEEK 1-3; Jan 20-24	NO SCHOOL	JR&SR	ALL	SOPH	JR&SR ONLY	TBD	
WEEK 1-4; Jan 27-31	SOPH	JR&SR	ALL	SOPH	JR&SR ONLY	TBD	
WEEK 1-5; Feb 3-7	SOPH	JR&SR	ALL	SOPH	JR&SR ONLY	TBD	
WEEK 1-6; Feb 10-14	SOPH	JR&SR	ALL	SOPH	JR&SR ONLY	OFF	
WEEK 1-7; Feb 17-21	NO SCHOOL	JR&SR	ALL	SOPH	JR&SR ONLY	TBD	
Competition Week Feb 24-28	MAKE UP	ALL	ALL	ALL	OFF	TBD	
WEEK 1-8; March 3-7	SOPH	JR&SR	ALL	SOPH	JR&SR ONLY	OFF	
WEEK 1-9 March 10-14	NO SCHOOL	JR&SR	ALL	SOPH	JR&SR ONLY	TBD	
WEEK 1-10 March 17-21	SOPH	JR&SR	ALL	SOPH	JR&SR ONLY	TBD	
WEEK 1-11 March 24-28	SOPH	JR&SR	ALL	SOPH	JR&SR ONLY	TBD	
WEEK 1-12 March 31 April 4	SOPH	JR&SR	ALL	SOPH	JR&SR ONLY	TBD	
WEEK 1-13 April 7- 11	SOPH	JR&SR	ALL	SOPH	JR&SR ONLY	OFF	
MAKE UPS & OFF April 14-16	TESTING	TESTING	MAKE UP	NO SCHOOL	NO SCHOOL	OFF	
WEEK 2-1; April 21-25	NO SCHOOL	STRONG	LIFT	LIFT	LIFT	TBD	
WEEK 2-2; April 28-May 2	STRONG	LIFT	OFF	LIFT	LIFT	TBD	
WEEK 2-3; May 5-9	STRONG	LIFT	MAKE UP	LIFT	LIFT	TBD	
WEEK 2-4; May 12-16	STRONG	LIFT	1/2 DAY	LIFT	LIFT	TBD	
WEEK 2-5 May 19-23	STRONG	LIFT	MAKE UP	LIFT	LIFT	TBD	
MINI CAMP: May 27-31	NO SCHOOL	MINI CAMP				OFF	
WEEK 3-1 June 2-6 (after school)	STRONG	LIFT	GRAD/OFF	LIFT	LIFT	OFF	
WEEK 3-2 June 9-13 (AM)	LIFT	LIFT	STRONG	LIFT	OFF	OFF	
B&G CAMP JUNE 16-JUNE 20	9:00-2:00				9:00-12:00	OFF	
WEEK 3-3 June 16-20 (AM)	LIFT	LIFT	STRONG PM 7-7	LIFT	OFF	OFF	
WEEK 3-4; June 23-27 (AM)	LIFT	LIFT	STRONG PM 7-7	LIFT	OFF	OFF	
WEEK 3-5; June 30 -July 4 (AM)	LIFT	LIFT	STRONG	OFF	OFF	OFF	
WEEK 3-6 July 7-11 (AM)	LIFT	LIFT	STRONG	LIFT	OFF	OFF	
TEAM CAMP July 14-17	TEAM TRIP	TEAM CAMP			OFF	OFF	OFF
OFF July 18-July 27	OFF						
OTA's July 28-Aug 1	Lift AM	Lift AM	Lift AM	Lift AM	OFF	OFF	OFF
HEAT; Aug 4 Aug 8	TEST 10-12		TEST 10-12		TEST 10-12		
HEAT; Aug 4-Aug 8	HEAT CAMP 4PM to 7PM					GOLD CARDS	OFF
SUMMER CAMP Aug 11-15	2 a days Times to follow				AM ONLY/MEDIA DAY	Scrimmage	OFF
GAME WEEK; Aug. 18	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