

2023 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 12; 13 & 17th	Seniors	Testing				Testing	
WEEK 1-1; Jan 2-6	NO SCHOOL	JR&SR SOPH MAKE UP	ALL	SOPH/VAR MAKE UP	JR&SR ONLY	TBD	
WEEK 1-2; Jan 9-13	SOPH	ALL	1/2 DAY	SOPH/VAR MAKE UP	JR&SR ONLY	OFF	
WEEK 1-3; Jan 16-20	NO SCHOOL	ALL	ALL	SOPH/VAR MAKE UP	JR&SR ONLY	TBD	
WEEK 1-4; Jan 23-27	SOPH	JR&SR SOPH MAKE UP	ALL	SOPH/VAR MAKE UP	JR&SR ONLY	TBD	
WEEK 1-5; Jan 30-Feb 3	SOPH	JR&SR SOPH MAKE UP	ALL	SOPH/VAR MAKE UP	JR&SR ONLY	TBD	
WEEK 1-6; Feb 6-10	SOPH	JR&SR SOPH MAKE UP	ALL	SOPH/VAR MAKE UP	JR&SR ONLY	OFF	
WEEK 1-7; Feb 13-18	JR&SR ONLY	ALL	ALL	1/2 DAY	NO SCHOOL	OFF	
WEEK 1-8; Feb 20-24	NO SCHOOL	JR&SR SOPH MAKE UP	ALL	SOPH/VAR MAKE UP	JR&SR ONLY	TBD	
Competition Week Feb 27-March 3 (after 3:45)	Nothing	Competition	Competition	Nothing	Competition	OFF	
WEEK 1-9; March 6-10 (after 3:45)	LIFT (ALL)	LIFT (ALL)	LIFT (ALL)	1/2 Day	NO SCHOOL	OFF	
WEEK 1-10 March 13-17 (after 3:45)	LIFT (ALL)	Make Up	LIFT (ALL)	LIFT (ALL)	Make Up	TBD	
WEEK 1-11 March 20-24 (after 3:45)	LIFT (ALL)	Make Up	LIFT (ALL)	LIFT (ALL)	Make Up	TBD	
WEEK 1-12 March 27-31 (after 3:45)	LIFT (ALL)	Make Up	LIFT (ALL)	LIFT (ALL)	Make up TEST	TBD	
TESTING April 3-4	TEST	TEST	NO SCHOOL	NO SCHOOL	NO SCHOOL	OFF	
WEEK 2-1; April 10-14	STRONG	LIFT	1/2 DAY	LIFT	LIFT	TBD	
WEEK 2-2; April 17-21	STRONG	LIFT	LIFT	LIFT	NO SCHOOL	TBD	
WEEK 2-3; April 24-28	STRONG	LIFT	MAKE UP	LIFT	LIFT	TBD	
WEEK 2-4; May 1-5	STRONG	LIFT	1/2 DAY	LIFT	LIFT	TBD	
WEEK 2-5 May 8-12	STRONG	LIFT	MAKE UP	LIFT	LIFT	TBD	
WEEK 2-6 May 15-19	STRONG	LIFT	MAKE UP	LIFT	LIFT	TBD	
WEEK 27 May 22-26	STRONG	LIFT	MAKE UP	LIFT	LIFT	OFF	
MINI CAMP: May 29-June 2	NO SCHOOL	MINI CAMP				OFF	
WEEK 3-1 June 5-9 (after school)	STRONG	LIFT	LIFT	GRADUATION	LIFT	OFF	
WEEK 3-2 June 12-16 (Morning)	STRONG PM	AM	AM	AM	OFF	OFF	
BLUE & GOLD CAMP JUNE 19-JUNE 23	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 19-23 (morning)	LIFT	LIFT	LIFT PM 7-7	LIFT	OFF	OFF	
WEEK 3-4; June 26-30(morning)	LIFT	LIFT	LIFT PM 7-7	LIFT	OFF	OFF	
WEEK 3-5; July 3 -July 6 (morning)	LIFT	OFF	LIFT	LIFT	OFF	OFF	
WEEK 3-6 July 10-13 (morning)	LIFT	LIFT	LIFT	LIFT	OFF	OFF	
TEAM CAMP July 17-20:	TEAM TRIP	TEAM CAMP			OFF	OFF	OFF
OFF July 21-July 30	OFF						
PRE-SEASON July 31-3 (7:00-10:00)	Lift AM	Lift AM	Lift AM	Lift AM	OFF	OFF	OFF
HEAT; Aug 7 Aug 11	HEAT CAMP 4PM to 7PM					GOLD CARDS	OFF
HEAT; Aug 7-Aug 11	TEST 10-12		TEST 10-12		TEST 10-12		
SUMMER CAMP Week #1 Aug 14	2 a days Times to follow				AM ONLY	Scrimmage	OFF
GAME WEEK; Aug. 21	3 to 6	3 to 6	3 to 6	3 to 6	GAME	PRACTICE	OFF
Tyler Kroft Camp	TBA						