



2026 D-TOWN FOOTBALL JV AND VARSITY TEAM SCHEDULE



PHASE 1: MARCH (INTRO / GROUP WORK)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK OF MARCH 16-19	—	JR & SR	ALL	ALL	OFF	TBD	—
WEEK OF MARCH 23-27	—	JR & SR	ALL	SOPH	JR & SR ONLY	TBD	—
TESTING MARCH 30-31	TESTING	TESTING	MAKE UP	NO SCHOOL	NO SCHOOL	OFF	—

PHASE 2: APRIL-MAY (STRENGTH BUILD)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	—	—
MINI CAMP MAY 26-29	NO SCHOOL	MINI CAMP				OFF	—

PHASE 3: JUNE (SUMMER RAMP-UP)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 3-1 JUNE 1-5	LIFT	LIFT	LIFT	GRAD / OFF	LIFT	OFF	OFF
WEEK 3-2 JUNE 8-11	LIFT	LIFT	STRONG	LIFT	OFF	OFF	OFF
B&G CAMP JUNE 15-19	9:00-2:00	9:00-2:00	9:00-2:00	9:00-2:00	9:00-12:00	OFF	OFF
LATE JUNE WEEKS (JUNE 15 - JULY 9)	LIFT	LIFT	STRONG (PM SOME WEEKS)	LIFT OR OFF	OFF	OFF	OFF

PHASE 4: JULY (TEAM BUILD / CAMP)

JULY 6-9	LIFT	LIFT	STRONG	LIFT	OFF	OFF	OFF
TEAM CAMP JULY 13-16	TEAM TRIP	TEAM CAMP	TEAM CAMP	TEAM CAMP	OFF	OFF	OFF
OFF PERIOD JULY 17-26	OFF						

PHASE 5: LATE JULY / AUGUST (PRESEASON BUILD)

OTAs (JULY 27-31 & AUG 3-7)	LIFT AM	LIFT AM	LIFT AM	LIFT AM	OFF	OFF	OFF
HEAT WEEK (AUG 10-14)	TEST 10-12	TEST 10-12	TEST 10-12	TEST 10-12	TEST 10-12	GOLD CARDS	OFF
HEAT CAMP AUG 10-14	HEAT CAMP: 4:00 - 7:00 PM (MON - THURS)						OFF
SUMMER CAMP (AUG 17 - 21)	2-A-DAYS (TIMES TBD)	2-A-DAYS (TIMES TBD)	2-A-DAYS (TIMES TBD)	2-A-DAYS (TIMES TBD)	AM ONLY	SCRIMMAGE	OFF
GAME WEEK (AUG 24)	2:00-6:00	2:00-6:00	2:00-6:00	2:00-6:00	GAME	PRACTICE	OFF

IMPORTANT NOTES

- AFTER SCHOOL = 3:00 PM
- AM SESSIONS = 7:15 AM START
- ALL DATES & TIMES SUBJECT TO CHANGE



KEY DATES

- JULY 28 GOLD CARD HANDOUT
- AUG 14 MOM'S CLINIC (5:00 PM)
- AUG 15 GOLD CARD BLITZ
- AUG 20 FAMILY SOCIAL
- AUG 21 TEAM PICTURES (1:00 PM)

F.A.M.I.L.Y.

ACCOUNTABILITY

TOUGHNESS

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

WEEK #	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
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		
HEAT; August 10-August 14	HEAT CAMP 4PM to 7PM					GOLD CARDS	OFF
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							