



# MUSTANG FOOTBALL 2024 SUMMER CALENDAR



JUNE						
SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
26-May	27-May	28-May	29-May	30-May	31-May	1
		WEIGHTS	WEIGHTS	WEIGHTS	WEIGHTS	
		PAD CHECK OUT				
		SUMMER PREP PRACTICES				
		INSTALL MTGS				
2	3	4	5	6	7	8
	WEIGHTS 6:30 AM	WEIGHTS 6:30 AM	WEIGHTS 6:30 AM	WEIGHTS 6:30 AM	MOM'S CLINIC	
	PRACTICE	SPEED	PRACTICE	SPEED		
		INDY DRILLS		INDY DRILLS		
9	10	11	12	13	14	15
	WEIGHTS 6:30 AM	WEIGHTS 6:30 AM	WEIGHTS 6:30 AM	WEIGHTS 6:30 AM		
	PRACTICE	SPEED	SCRIMMAGE	SPEED		
		INDY DRILLS		INDY DRILLS		
16	17	18	19	20	21	22
	WEIGHTS 6:30 AM	WEIGHTS 6:30 AM	WEIGHTS 6:30 AM	WEIGHTS 6:30 AM		
	PRACTICE	WU CAMP	FILM	SPEED		
				INDY DRILLS		
23	24	25	26	27	28	29
	WEIGHTS 6:30 AM	WEIGHTS 6:30 AM	WEIGHTS 6:30 AM	WEIGHTS 6:30 AM	GOLF	
	PRACTICE	SPEED	SCRIMMAGE	SPEED	TOURNAMENT	
		INDY DRILLS		INDY DRILLS		

JULY						
SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
30-Jun	1	2	3	4	5	6
	KSHSAA MORATORIUM JULY 3-8 - OFF					
7	8	9	10	11	12	13
	WEIGHTS 6:30 AM	WEIGHTS 6:30 AM	WEIGHTS 6:30 AM	WEIGHTS 6:30 AM		
	PRACTICE	SPEED	PRACTICE	SPEED		
		INDY DRILLS		INDY DRILLS		
14	15	16	17	18	19	20
	WEIGHTS 6:30 AM	WEIGHTS 6:30 AM	WEIGHTS 6:30 AM	WEIGHTS 6:30 AM		
	9-12 GRADE HIGH SCHOOL CAMP				KC ELITE 7ON7 @ MILL VALLEY	
		SCRIMMAGE				
21	22	23	24	25	26	27
	WEIGHTS 6:30 AM	WEIGHTS 6:30 AM	WEIGHTS 6:30 AM	WEIGHTS 6:30 AM		
	5TH-8TH GRADE CAMP 8:00-10:00 am					
	K-4TH GRADE YOUTH CAMP 10:00-11:30 am					
28	29	30	31	1-Aug	2-Aug	3-Aug
	SUMMER BREAK - OFF					

AUGUST						
SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
28-Jul	29-Jul	30July	31-Jul	1	2	3
4	5	6	7	8	9	10
	WEIGHTS 6:30 AM	WEIGHTS 6:30 AM	WEIGHTS 6:30 AM	WEIGHTS 6:30 AM	WEIGHTS 6:30 AM	PARENT PRESEASON MEETING / FAMILY BBQ
	CONDITIONING	CONDITIONING	CONDITIONING	CONDITIONING	PLAYER MEETING	
11	12	13	14	15	16	17
	BOOT CAMP M-?					
	FRESHMAN LIFT/CONDITION					
18	19	20	21	22	23	24
	1ST WEEK OF PRACTICE					NAVY/WHITE SCRIMMAGE
25	26	27	28	29	30	31
					MUSTANG NIGHT LIGHTS	
Sep-1	Sep-2	Sep-3	Sep-4	Sep-5	Sep-6	
					BEAT BVNW	



**NOTES/TIMES**

**DAILY WORKOUT TIMES:**  
 WEIGHTS: 6:30-7:30 AM (Grades 9-12)  
 PRACTICE: (MON/WED): 7:30-9:00 AM (Grades 9-12)  
 SPEED/INDIVIDUAL DRILLS (TUES/THURS): 7:30-8:45AM (Grades 9-12)

**MAY 27 - MAY 30 - WEIGHTS / PAD CHECK OUT / SUMMER PREP PRACTICE 6:30-9:30 AM (Grades 9-12)**  
**JUNE 7 - MOM'S HUDDLE 6PM-730PM - SOCIAL FOLLOWING**  
**JUNE 12 - SCRIMMAGE #1 Spring Hill, Mill Valley - Time: TBD Location: BVN (Grades 9-12)**  
**JUNE 18 - WASHBURN UNIVERSITY CAMP 7:30AM-4:00PM @ Washburn University (Grades 10-12)**  
**JUNE 26 - SCRIMMAGE #2 Time/Location TBD (Grades tbd)**  
**JUNE 28 - GOLF TOURNAMENT**  
**JULY 15-18 HIGH SCHOOL FOOTBALL CAMP (Grades 9-12)**  
**JULY 17 - SCRIMMAGE #3 Time/Location TBD**  
**JULY 19-20 - KC ELITE 7ON7 TOURNAMENT - Location: Mill Valley High School**  
**JULY 22-25 - 5TH-8TH GRADE CAMP 8:00-10:00 AM | K-4TH GRADE YOUTH CAMP 10:00-11:30**  
**JULY 29- AUG 2 - SUMMER BREAK**  
**AUGUST 12- BOOT CAMP 5:55 AM (Grades 10-12)**  
**AUGUST 19 - FIRST DAY OF PRACTICE**  
**AUGUST 24 - NAVY/WHITE SCRIMMAGE**  
**AUGUST 25 - MUSTANG NIGHT LIGHTS**