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| July | 2023 |
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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  |  | **1** |
|  |  |  |  |  |  |  |
| **2** | **3** | **4** | **5** | **6** | **7** | **8** |
|  | **Moratorium**  **Week** | **Moratorium**  **Week** | **Moratorium**  **Week** | **Moratorium**  **Week** | **Moratorium**  **Week** |  |
| **9** | **10** | **11** | **12** | **13** | **14** | **15** |
|  | **Football Conditioning**  **5:00 – 7:00** | **Football Conditioning**  **5:00 – 7:00** | **Football Conditioning**  **5:00 – 7:00** | **Football Conditioning**  **5:00 – 7:00** |  |  |
| **16** | **17** | **18** | **19** | **20** | **21** | **22** |
|  | **Football Conditioning**  **5:00 – 7:00** | **Football Conditioning**  **5:00 – 7:00** | **Football Conditioning**  **5:00 – 7:00** | **Football Conditioning**  **5:00 – 7:00** |  |  |
| **23** | **24** | **25** | **26** | **27** | **28** | **29** |
|  | **Football Conditioning**  **5:00 – 7:00** | **No Practice**  **Coaches Meeting** | **Football Conditioning**  **5:00 – 7:00** | **Football Conditioning**  **5:00 – 7:00** |  |  |
| **30** | **31** | **8/1** | **8/2** | **8/3** |  |  |
|  | **Practice**  **4:00 – 6:00 PM** | **Practice**  **4:00 – 6:00 PM** | **NO PRACTICE** | **1ST Day of School** |  |  |

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