

MARCH 2025



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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|----|-------------------------------------|--|-------------------------------------|--|------------------------|----|
| 23 | 24 | 25 | 26 | 27 | 28 | 01 |
| 02 | 03 Winter Workouts: 7am - 8am | 04 Winter Workouts: 7am - 8am (8) 6:30am - 8am Weights | 05 Winter Workouts: 7am - 8am | 06 Winter Workouts: 7am - 8am (8) 6:30am - 8am Weights | 07 OFF | 08 |
| 09 | 10 Winter Workouts: 7am - 8am | 11 Winter Workouts: 7am - 8am (8) 6:30am - 8am Weights | 12 Winter Workouts: 7am - 8am | 13 Winter Workouts: 7am - 8am (8) 6:30am - 8am Weights | 14 NO SCHOOL | 15 |
| 16 | 17 Winter Workouts: 7am - 8am | 18 Winter Workouts: 7am - 8am (8) 6:30am - 8am Weights | 19 Winter Workouts: 7am - 8am | 20 Winter Workouts: 7am - 8am (8) 6:30am - 8am Weights | 21 OFF | 22 |
| 23 | 24 Winter Workouts: 7am - 8am | 25 Winter Workouts: 7am - 8am (8) 6:30am - 8am Weights | 26 Winter Workouts: 7am - 8am | 27 Winter Workouts: 7am - 8am (8) 6:30am - 8am Weights | 28 OFF | 29 |
| 30 | 31 SPRING BREAK | Notes: | | | | |

APRIL 2025



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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|----|--|---|--|---|-----------|----|
| 30 | 31 | 01 | 02 | 03 | 04 | 05 |
| | SPRING BREAK | | | | | |
| 06 | 07 Spring Workouts: 6:50am - 8am | 08 Spring Workouts: 6:50am - 8am (8) 6:30am - 8am Weights | 09 Spring Workouts: 6:50am - 8am | 10 Spring Workouts: 6:50am - 8am (8) 6:30am - 8am Weights | 11 OFF | 12 |
| 13 | 14 Spring Workouts: 6:50am - 8am | 15 Spring Workouts: 6:50am - 8am (8) 6:30am - 8am Weights | 16 Spring Workouts: 6:50am - 8am | 17 Spring Workouts: 6:50am - 8am (8) 6:30am - 8am Weights | 18 OFF | 19 |
| 20 | 21 Spring Workouts: 6:50am - 8am | 22 Spring Workouts: 6:50am - 8am (8) 6:30am - 8am Weights | 23 Spring Workouts: 6:50am - 8am | 24 Spring Workouts: 6:50am - 8am (8) 6:30am - 8am Weights | 25 OFF | 26 |
| 27 | 28 Spring Workouts: 6:50am - 8am | 29 Spring Workouts: 6:50am - 8am (8) 6:30am - 8am Weights | 30 Spring Workouts: 6:50am - 8am | 01 | 02 | 03 |
| 04 | 05 | Notes: Updated 4/7 | | | | |

MAY 2025



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

| | | | | | | |
|---------------------|--|--|--|--|-----------|----|
| 27 | 28 | 29 | 30 | 01 Spring Workouts: 6:50am - 8am (8) 6:30am - 8am Weights | 02 OFF | 03 |
| 04 | 05 Spring Workouts: 4pm - 5pm at SFHS | 06 Spring Workouts: 4pm - 5pm at SFHS | 07 Spring Workouts: 4pm - 5pm at SFHS | 08 Spring Workouts: 4pm - 5pm at SFHS | 09 OFF | 10 |
| Virtual Week | | | | | | |
| 11 | 12 Spring Workouts: 7am - 8am (8) War Eagle Workouts 4:45pm - 6pm | 13 Spring Workouts: 7am - 8am (8) War Eagle Workouts 4:45pm - 6pm | 14 Spring Workouts: 7am - 8am (8) War Eagle Workouts 4:45pm - 6pm | 15 Spring Workouts: 7am - 8am (8) War Eagle Workouts 4:45pm - 6pm | 16 OFF | 17 |
| 18 | 19 Spring Workouts: 4pm - 5pm | 20 OFF (Exams) | 21 OFF (Exams) | 22 LAST DAY OF SCHOOL OFF | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| NO PRACTICE | | | | | | |
| 01 | 02 | Notes: Updated: 4/7 | | | | |

JUNE 2025



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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|----|--|--------------------------------------|--------------------------------------|--------------------------------------|-----------|----|
| 01 | 02 Summer Workouts: 9am - Noon | 03 Summer Workouts: 9am - Noon | 04 Summer Workouts: 9am - Noon | 05 Summer Workouts: 9am - Noon | 06 OFF | 07 |
| 08 | 09 Summer Workouts: 9am - Noon | 10 CORKY KELL 7V7 | 11 Summer Workouts: 9am - Noon | 12 Summer Workouts: 9am - Noon | 13 OFF | 14 |
| 15 | 16 Summer Workouts: 9am - Noon | 17 TEAM CAMP @ BUFORD | 18 TEAM CAMP @ BUFORD | 19 Summer Workouts: 9am - Noon | 20 OFF | 21 |
| 22 | 23 Summer Workouts: 9am - Noon | 24 Summer Workouts: 9am - Noon | 25 Summer Workouts: 9am - Noon | 26 Summer Workouts: 9am - Noon | 27 OFF | 28 |
| 29 | 30 DEAD WEEK - NO PRACTICE | 01 | 02 | 03 | 04 | 05 |
| 06 | 07 | Notes: | | | | |

JULY 2025








Sunday Monday Tuesday Wednesday Thursday Friday Saturday

| | | | | | | |
|-------------------------|---|--|--|---|---------------------------------------|-------------------------------------|
| 29 | 30 | 01 | 02 | 03 | 04 | 05 |
| DEAD WEEK - NO PRACTICE | | | | | | |
| 06 | 07 Summer Workouts: 9am - Noon | 08 Summer Workouts: 9am - Noon | 09 Summer Workouts: 9am - Noon | 10 | 11 | 12 |
| | | | | FCA TEAM CAMP @UWG | | |
| 13 | 14 Summer Workouts: 9am - Noon | 15 Summer Workouts: 9am - Noon | 16 Summer Workouts: 9am - Noon | 17 Summer Workouts: 9am - Noon | 18 OFF | 19 Clean Up Day / Picture Day |
| 20 | 21 HEAT ACCLIMATION: 9AM - 11AM | 22 HEAT ACCLIMATION: 9AM - 11AM | 23 HEAT ACCLIMATION: 9AM - 11AM | 24 HEAT ACCLIMATION: 9AM - 11AM | 25 HEAT ACCLIMATION: 9AM - 11AM | 26 |
| 27 | 28 (V) 7am - 8am Practice (V) 8am - 9am Film (JV) 9am - 11am Practice (9) 9am - 11am Practice | 29 (V) 9am - 11am Practice (JV) 9am - 11am Practice (9) 9am - 11am Practice | 30 (V) 9am - 11am Practice (JV) 9am - 11am Practice (9) 9am - 11am Practice | 31 (V) 7am - 8am Practice (V) 8am - 9am Film (JV) 9am - 11am Practice (9) 9am - 11am Practice | 01 | 02 |
| 03 | 04 | Notes: | | | | |

AUGUST 2025



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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|----|---|---|---|---|---|----|
| 27 | 28 | 29 | 30 | 31 | 01  | 02 |
| 03 | 04 (V) 7am - 8am Practice (V) 8am - 9am Film (JV) 9am - 11am Practice (9) 9am - 11am Practice | 05 FIRST DAY OF SCHOOL (V) 4pm - 6pm Practice (JV) 4pm - 6pm Practice (9) 4pm - 6pm Practice | 06 (V) 4pm - 6pm Practice (JV) 4pm - 6pm Practice (9) 4pm - 6pm Practice | 07 (V) 7am - 8am Practice (V) 4pm - 5pm Film (JV) 4pm - 6pm Practice (9) 4pm - 6pm Practice | 08  | 09 |
| 10 | 11 (V) 7am - 8am Practice (V) 4pm - 5pm Film (JV) 4pm - 6pm Practice (9) 4pm - 6pm Practice | 12 (V) 4pm - 6pm Practice (JV) 4pm - 6pm Practice (9) 4pm - 6pm Practice | 13 (V) 4pm - 6pm Practice (JV) 4pm - 6pm Practice (9) 4pm - 6pm Practice | 14 (V) 7am - 8am Practice (V) 4pm - 5pm Film (JV) 4pm - 6pm Practice (9) 4pm - 6pm Practice | 15  | 16 |
| 17 | 18 (V) 7am - 8am Practice (V) 4pm - 5pm Film (JV) 4pm - 6pm Practice (9) 4pm - 6pm Practice | 19 (V) 4pm - 6pm Practice (JV) 4pm - 6pm Practice (9) 4pm - 6pm Practice | 20 (V) 4pm - 6pm Practice (JV) 4pm - 6pm Practice (9) 4pm - 6pm Practice | 21 (V) 7am - 8am Practice (V) 4pm - 5pm Film JV Game @ DENMARK 9th Game @ DENMARK | 22  | 23 |
| 24 | 25 (V) 7am - 8am Practice (V) 4pm - 5pm Film (JV) 4pm - 6pm Practice (9) 4pm - 6pm Practice | 26 (V) 4pm - 6pm Practice (JV) 4pm - 6pm Practice (9) 4pm - 6pm Practice | 27 (V) 4pm - 6pm Practice (JV) 4pm - 6pm Practice (9) 4pm - 6pm Practice | 28 (V) 7am - 8am Practice (V) 4pm - 5pm Film JV Game @ CENTRAL 9th Game @ CENTRAL | 29  | 30 |
| 31 | 01 | Notes: | | | | |

SEPTEMBER 2025



Sunday

Monday



Tuesday

Wednesday

Thursday

Friday






Saturday

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|-----------|---|---|---|---|--|-----------|
| 31 | 01 (V) 9am - 10am Practice (V) 10am - 11am Film (JV) 9am - 11am Practice (9) 9am - 11am Practice | 02 (V) 4pm - 6pm Practice (JV) 4pm - 6pm Practice (9) 4pm - 6pm Practice | 03 (V) 4pm - 6pm Practice (JV) 4pm - 6pm Practice (9) 4pm - 6pm Practice | 04 (V) 7am - 8am Practice (V) 4pm - 5pm Film JV Game vs. EAST 9th Game @ LAMBERT | 05 BYE | 06 |
| 07 | 08 (V) 7am - 8am Practice (V) 4pm - 5pm Film (JV) 4pm - 6pm Practice (9) 4pm - 6pm Practice | 09 (V) 4pm - 6pm Practice (JV) 4pm - 6pm Practice (9) 4pm - 6pm Practice | 10 (V) 4pm - 6pm Practice (JV) 4pm - 6pm Practice (9) 4pm - 6pm Practice | 11 (V) 7am - 8am Practice (V) 4pm - 5pm Film JV Game @ ALPHARETTA 9th Game @ EAST | 12  | 13 |
| 14 | 15 (V) 7am - 8am Practice (V) 4pm - 5pm Film (JV) 4pm - 6pm Practice (9) 4pm - 6pm Practice | 16 (V) 4pm - 6pm Practice (JV) 4pm - 6pm Practice (9) 4pm - 6pm Practice | 17 (V) 4pm - 6pm Practice (JV) 4pm - 6pm Practice (9) 4pm - 6pm Practice | 18 (V) 7am - 8am Practice (V) 4pm - 5pm Film (JV) 4pm - 6pm Practice 9th Game vs. WEST | 19  | 20 |
| 21 | 22 (V) 9am - 11am Practice (JV) 9am - 11am Practice (9) 9am - 11am Practice | 23 (V) 9am - 11am Practice (JV) 9am - 11am Practice (9) 9am - 11am Practice | 24 (V) 9am - 11am Practice (JV) 9am - 11am Practice (9) 9am - 11am Practice | 25 (V) 7am - 8am Practice JV: No Practice 9th: No Practice | 26 BYE | 27 |
| 28 | 29 (V) 7am - 8am Practice (V) 4pm - 5pm Film (JV) 4pm - 6pm Practice (9) 4pm - 6pm Practice | 30 (V) 4pm - 6pm Practice (JV) 4pm - 6pm Practice (9) 4pm - 6pm Practice | 01 | 02 | 03 | 04 |
| 05 | 06 | Notes: | | | | |

OCTOBER 2025



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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|----|---|---|---|---|---|----|
| 28 | 29 | 30 | 01 (V) 4pm - 6pm Practice (JV) 4pm - 6pm Practice (?) 4pm - 6pm Practice | 02 (V) 7am - 8am Practice (V) 4pm - 5pm Film JV Game vs. NORTH 9th Game @ NORTH | 03  | 04 |
| 05 | 06 (V) 7am - 8am Practice (V) 4pm - 5pm Film (JV) 4pm - 6pm Practice (?) 4pm - 6pm Practice | 07 (V) 4pm - 6pm Practice (JV) 4pm - 6pm Practice (?) 4pm - 6pm Practice | 08 (V) 4pm - 6pm Practice (JV) 4pm - 6pm Practice (?) 4pm - 6pm Practice | 09 (V) 7am - 8am Practice (V) 4pm - 5pm Film JV Game @ WEST | 10  | 11 |
| 12 | 13 (V) 7am - 8am Practice (V) 4pm - 5pm Film (JV) 4pm - 6pm Practice (?) 4pm - 6pm Practice | 14 (V) 4pm - 6pm Practice (JV) 4pm - 6pm Practice (?) 4pm - 6pm Practice | 15 (V) 4pm - 6pm Practice (JV) 4pm - 6pm Practice (?) 4pm - 6pm Practice | 16 (V) 7am - 8am Practice (V) 4pm - 5pm Film JV Game @ LAMBERT | 17  | 18 |
| 19 | 20 (V) 9am - 10am Practice (V) 10am - 11am Film | 21 (V) 4pm - 6pm Practice | 22 (V) 4pm - 6pm Practice | 23 (V) 7am - 8am Practice (V) 4pm - 5pm Film | 24  | 25 |
| 26 | 27 (V) 7am - 8am Practice (V) 8am - 9am Film | 28 (V) 4pm - 6pm Practice | 29 (V) 4pm - 6pm Practice | 30 (V) 7am - 8am Practice (V) 4pm - 5pm Film | 31  | 01 |
| 02 | 03 | Notes: | | | | |

NOVEMBER 2025 **SF**



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

| | | | | | | |
|----|----|--------|----|----|----|----|
| 26 | 27 | 28 | 29 | 30 | 31 | 01 |
| 02 | 03 | 04 | 05 | 06 | 07 | 08 |
| 09 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 01 | Notes: | | | | |

December 2025



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

| | | | | | | |
|----|----|--------|----|----|----|----|
| 30 | 01 | 02 | 03 | 04 | 05 | 06 |
| 07 | 08 | 09 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | 01 | 02 | 03 |
| 04 | 05 | Notes: | | | | |

January 2026



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

| | | | | | | |
|----|----|--------|----|----|----|----|
| 28 | 29 | 30 | 31 | 01 | 02 | 03 |
| 04 | 05 | 06 | 07 | 08 | 09 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| 01 | 02 | Notes: | | | | |

February 2026



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

| | | | | | | | |
|----|----|--------|----|----|----|----|--|
| 01 | 02 | 03 | 04 | 05 | 06 | 07 | |
| 08 | 09 | 10 | 11 | 12 | 13 | 14 | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | |
| 01 | 02 | 03 | 04 | 05 | 06 | 07 | |
| 08 | 09 | Notes: | | | | | |