

MARCH 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	1	2 STRENGTH SPEED & CONDITIONING 5:30 AM	3	4
5	6 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	7 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	8	9 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	10	11
12	13 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	14 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	15	16 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	17	18
19	20 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	21 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	22	23 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	24	25
26	27 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	28 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	29	30 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	31	1

APRIL 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	4 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	5	6 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	7 Good Friday OFF	8
9 Easter Sunday	10 Spring Break OFF	11 Spring Break OFF	12 Spring Break OFF	13 Spring Break OFF	14 Spring Break OFF	15
16	17 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	18 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	19	20 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	21	22
23	24 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	25 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	26	27 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	28	29
30	1	2	3	4	5	6

MAY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	2 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	3	4 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	5	6
7	8 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	9 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	10	11 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	12	13
14	15 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	16 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	17	18 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	19	20
21	22 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	23 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	24	25 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	26	27
28	29 Memorial Day OFF	30 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	31	1	2	3

JUNE 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	2	3
4	5 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	6 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	7	8 STRENGTH SPEED & CONDITIONING 2:45 – 4:15 PM	9	10
11	12 STRENGTH SPEED & CONDITIONING TESTING 2:45 – 4:15 PM	13 STRENGTH SPEED & CONDITIONING TESTING 2:45 – 4:15 PM	14 <u>Equipment</u> Seniors – 2:45 Juniors – 3:00 Sophomores – 3:15	15 GRADUATION	16	17
18	19	20 Mini-Camp 4:00- 8:00 PM	21 Mini-Camp 4:00- 8:00 PM	22 Mini-Camp 4:00- 8:00 PM	23	24
25	26 Summer OTA 4:00- 8:00 PM	27 Summer OTA 4:00- 8:00 PM	28 7v7 and OL @ Mt. Laurel Turf	29 Summer OTA 4:00- 8:00 PM	30	1

JULY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1
2	3 <i>OFF</i>	4 <i>OFF</i>	5 7v7 and OL/DL @ Mt. Laurel Turf	6 Summer OTA 7:00-11:00 AM	7 DEL VAL 7v7 Shootout 8:30 AM – 2:00 PM	8
9 Summer OTA 7:00-11:00 AM	10 Summer OTA 7:00-11:00 AM	11 Summer OTA 7:00-11:00 AM	12 7v7 and OL/DL @ Mt. Laurel Turf	13 Summer OTA 7:00-11:00 AM	14	15
16 Team Camp at Washington Twp 8:00 AM – 2:30 PM	17 Team Camp at Washington Twp 8:00 AM – 2:30 PM	18 Team Camp at Washington Twp 8:00 AM – 2:30 PM	19 7v7 and OL/DL @ Mt. Laurel Turf	20 Summer OTA 7:00-11:00 AM	21	22
23 Summer OTA 7:00-11:00 AM	24 Summer OTA 7:00-11:00 AM	25 Summer OTA 7:00-11:00 AM	26 7v7 and OL/DL @ Mt. Laurel Turf	27 Summer OTA 7:00-11:00 AM	28	29
30	31 OFF	1	2	3	4	5

AUGUST 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
		OFF	OFF	OFF	OFF	OFF
6	7	8	9	10	11	12
OFF	Practice 6:45-11:45 AM	Practice 6:45-11:45 AM	Practice 6:45-11:45 AM	Practice 6:45-11:45 AM	Practice 6:45-11:45 AM	Practice 6:45-11:45 AM
13	14	15	16	17	18	19
OFF	Practice 6:45-11:45 AM	Practice 6:45-11:45 AM	Scrimmage @ Lenape 10 AM	Practice 6:45-11:45 AM	Game Scrimmage @ Washington Twp. 7 PM	Practice 9-11 AM
20	21	22	23	24	25	26
OFF	Practice 6:45-11:45 AM	Practice 6:45-11:45 AM	Practice 6:45-11:45 AM	Practice 2:45-:6:15PM	Practice 2:45-:6:00PM	Battle at The Beach Vs Union 7 PM In Ocean City, NJ
27	28	29	30	31	1	2
OFF	Practice 2:45-:6:15PM	Practice 2:45-:6:15PM	Practice 2:45-:6:15PM	Practice 2:45-:6:15PM		

SEPTEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 AWAY @ Eastside Patterson	2
3	Labor Day ** 4 Practice 7:45-10:45 AM	5 Practice 2:45-:6:00PM	6 Practice 2:45-:6:00PM	7 Practice 2:45-:6:00PM	8 AWAY @ Eastern	9
10	11 Practice 2:45-:6:00PM	12 Practice 2:45-:6:00PM	13 Practice 2:45-:6:00PM	14 Practice 2:45-:6:00PM	15 HOME Timber Creek	16
17	18 Practice 2:45-:6:00PM	19 Practice 2:45-:6:00PM	20 Practice 2:45-:6:00PM	21 Practice 2:45-:6:00PM	22 HOME Burlington Twp. Senior Night	23
24	25 Practice 2:45-:6:00PM	26 Practice 2:45-:6:00PM	27 Practice 2:45-:6:00PM	28 Practice 2:45-:6:00PM	29 AWAY @ Hammonton	30

OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Practice 2:45-:6:00PM	3 Practice 2:45-:6:00PM	4 Practice 2:45-:6:00PM	5 Practice 2:45-:6:00PM	6 AWAY @ Delran	7
8	9 Practice 2:45-:6:00PM	10 Practice 2:45-:6:00PM	11 Practice 2:45-:6:00PM	12 Practice 2:45-:6:00PM	13 AWAY @ Northern Burlington	14
15	16 Practice 2:45-:6:00PM	17 Practice 2:45-:6:00PM	18 Practice 2:45-:6:00PM	19 Practice 2:45-:6:00PM	20 Practice 2:45-:6:00PM	21 HOME Highland Homecoming
22	23 Practice 2:45-:6:00PM	24 Practice 2:45-:6:00PM	25 Practice 2:45-:6:00PM	26 Practice 2:45-:6:00PM	27 NJSIAA Playoffs Round #1	28
29	30 Practice 2:45-:6:00PM	31 Practice 2:45-:6:00PM				