

Bulldog Boys Summer 2025

HOKA HEY!

S&C (Lifting) - 6:30 am - 7:30 am M-T-W w/Coach Mills. HS Boys only.

MS Boys after FB practice on M & Wed from 9:00 am - 9:30 am. Will start June 16 after FB. Last day is July 30.

2025	June	FB=Football	S&C = Lifting	BB=Basketball			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2 HS FB TEAM CAMP 7 pm	3 HS FB TEAM CAMP 7 pm	4 HS FB TEAM CAMP 7 pm	5 HS FB TEAM CAMP 7 pm	6	7	
	S&C - 6:30 am - 7:30 am	S&C - 6:30 am - 7:30 am	S&C - 6:30 am - 7:30 am	Gold Gym BB - 7:30 am - 9:00 am			
8	9	10	11	12	13	14	
	S&C - 6:30 am - 7:30 am	BENEDICTINE TEAM CAMP			BB in Gold Gym		
	FB - 7:30 - 9:00 am	no S&C	no S&C	BB - 7:30 am - 9:00 am			
15	16 BB Team Camp 7 pm	17 BB Team Camp 7 pm	18 BB Team Camp 7 pm	19 BB Team Camp 7 pm	20 McLouth Gold Gym BB	21	
	S&C - 6:30 am - 7:30 am		S&C - 6:30 am - 7:30 am		Scrimmage vs Pleasant R.		
	FB - 7:30 - 9:00 am (MS start)	S&C - 6:30 am - 7:30 am	FB - 7:30 - 9:00 am		10:00 am -12:00 pm		
22	23 BB Elementary Camp 9:15-10:45	24 BB Elem. Camp 9:15-10:45	25 BB Elem. Camp 9:15-10:45	26 BB Elem. Camp 9:15-10:45	27	28	
	BB Middle School Camp 11-12:30	BB Mid. School Camp 11-12:30	BB Mid. School Camp 11-12:30	BB Mid. School Camp 11-12:30			
	S&C - 6:30 am - 7:30 am	S&C - 6:30 am - 7:30 am	S&C - 6:30 am - 7:30 am	BB in Gold Gym	BB @ Effingham		
	FB - 7:30 - 9:00 am	BB - 7:30 am - 9:00 am	FB - 7:30 - 9:00 am	BB - 7:30 am - 9:00 am	9:00 am and 10:00 am		
29	30	1	2	3	4	5	
	No S&C/FB						
	Summer Moratorium Begins						

2025	July						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
29	30	1	2	3	4	5	
	Summer Moratorium - No Practice or Scheduled Weights						
6	7	8	9	10	11	12	
		BB in Purple Gym			BB		
	S&C - 6:30 am - 7:30 am	S&C - 6:30 am - 7:30 am	S&C - 6:30 am - 7:30 am	BB in Gold Gym	Scrimmage @ Tongie		
	FB - 7:30 - 9:00 am	BB - 7:30 am - 9:00 am	FB - 7:30 - 9:00 am	BB - 7:30 am - 9:00 am	10:00 am -12:00 pm		
13	14	15	16	17	18	19	
		BB in Purple Gym					
	S&C - 6:30 am - 7:30 am	S&C - 6:30 am - 7:30 am	S&C - 6:30 am - 7:30 am	BB in Gold Gym			
	FB - 7:30 - 9:00 am	BB - 7:30 am - 9:00 am	FB - 7:30 - 9:00 am	BB - 7:30 am - 9:00 am			
20	21	22	23	24	25	26	
	S&C - 6:30 am - 7:30 am	S&C - 6:30 am - 7:30 am	S&C - 6:30 am - 7:30 am				
	FB - 7:30 - 9:00 am	FB - 7:30 - 9:00 am	FB - 7:30 - 9:00 am				
27	28	29	30	31	1	2	
	S&C - 6:30 am - 7:30 am	S&C - 6:30 am - 7:30 am	S&C - 6:30 am - 7:30 am				
	FB - 7:30 - 9:00 am	FB - 7:30 - 9:00 am	FB - 7:30 - 9:00 am				

YOUTH FB CAMP TBA

2025	August						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
27	28	29	30	31	1	2	
3	4	5	6	7	8	9	
	S&C	S&C	S&C				
	6:30 am - 7:30 am	6:30 am - 7:30 am	6:30 am - 7:30 am				
10	11	12	13	14	15	16	
	TBA	TBA	TBA	TBA	FIRST DAY OF SCHOOL		
17	18						
	Start of Football Season!						
	Hoka Hey!						