
















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Off	2 Off	3 Off	4 Off	5 Off	6
7	8 Strength and Conditioning 12-1:30	9 Strength and Conditioning 12-1:30	10 Strength and Conditioning 12-1:30 *Captains practice TBA	11 Strength and Conditioning 12-1:30	12 Off	13
14	15 Strength and Conditioning 12-1:30	16 Strength and Conditioning 12-1:30	17 Strength and Conditioning 12-1:30 *Captains practice TBA	18 Strength and Conditioning 12-1:30f	19 Off	20
21	22 Strength and Conditioning 12-1:30 *Youth Camp 8-10	23 Strength and Conditioning 12-1:30 *Youth Camp 8-10	24 Strength and Conditioning 12-1:30 *Captains practice TBA *Youth Camp 8-10	25 COMBINE DAY/Equipment Pick Up 9:00-12:00  *Youth Camp 8-10	26 Off *Youth Camp 8-10	27
28	29 Off Dead Week	30 Off Dead Week				



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Off Dead Week	2 Off Dead Week	3 Off Dead Week	4
5	6 <u>Camp Day #1</u> 8:00-12:00 	7 <u>Camp Day #2</u> 8:00-12:00  Team building- Day	8 <u>Camp Day #3</u> 8:00-12:00  V/S- 7 on 7-ACHS @4:30 	9 <u>Camp Day #4</u> 8:00-12:00 	10 Off	11
12	13 <u>Camp Day #5</u> 8:00-12:00 	14 <u>Camp Day #6</u> 8:00-12:00 	15 <u>Camp Day #7</u> 8:00-12:00  V/S- 7 on 7-ACHS @4:30 	16 <u>Scrimmage Day 8</u> (Deerfield & Streamwood)  8:00-12:00	17 Off	July 18 Golf Outing & Parent Mixer
19	20 <u>Camp Day #9</u> 8:00-12:00 	21 <u>Camp Day #10</u> 8:00-12:00 	22 <u>Camp Day #11</u> 8:00-12:00  V/S- 7 on 7-ACHS @4:30 	23 <u>Camp Day #12</u> 8:00-12:00 	24 Off	25
26	27 <u>Camp Day #13</u> 8:00-12:00 	28 <u>Camp Day #14</u> 8:00-12:00 	29 <u>Camp Day #15</u> 8:00-12:00  V/S- 7 on 7-ACHS @4:30 	30 <u>Camp Day #16</u> 8:00-12:00 (Last Day) 	31 Off	



August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 <i>Off</i>	3 <u>Camp Day #17</u> <u>8:00-12:00</u> 	4 <u>Camp Day #18</u> <u>8:00-12:00</u> 	5 <u>Camp Day #19</u> <u>8:00-12:00</u> 	6 <u>Camp Day #20</u> <u>8:00-12:00</u> 	7 Off	8
9	10 <i>First Official Day Of Football</i> <i>(Start of regular practices 3:40-6:40)</i> 	11 <i>Practice</i> 3:40-6:40	12 <i>Practice</i> 3:40-6:40	13 <i>Practice</i> 3:40-6:40	14 <i>Practice</i> 3:40-6:40	15 <i>Practice</i> 9:00 a.m. - 12:00p.m.
16	17 <i>Practice</i> 3:40-6:40	18 First Day of School <i>Practice</i> 3:40-6:40	19 <i>Practice</i> 3:40-6:40	20 <i>Practice</i> 3:40-5:30	21 <i>Schaumburg (H)</i>	22 <i>Practice</i> 9:00 a.m. - 12:00p.m.
23/30	24/31 <i>Practice</i> 3:40-6:40	25 <i>Practice</i> 3:40-6:40	26 <i>Practice</i> 3:40-6:40	27 <i>Practice</i> 3:40-6:40	28 <i>Schaumburg (A)</i>	29