



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 12-1:30 	19 Off	20
21	22 Strength and Conditioning 12-1:30  *Youth Camp 8-10	23 <u>Camp Day #1</u> 12:00-3:00 -Equipment Pick Up, First Day of Camp  *Youth Camp 8-10	24 <u>Camp Day #2</u> 12:00-3:00  *Youth Camp 8-10	25 <u>Camp Day #3</u> 12:00-3:00  *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 #4</u> 8:00-12:00 	7 <u>Camp Day #5</u> 8:00-12:00  Team building- Day	8 <u>Camp Day #6</u> 8:00-12:00 	9 <u>Camp Day #7</u> 8:00-12:00 	10 Off	11
12	13 <u>Camp Day #8</u> 8:00-12:00 	14 <u>Camp Day #9</u> 8:00-12:00 	15 <u>Camp Day #10</u> 8:00-12:00   V/S- 7 on 7-ACHS @ 4:30	16 <u>Scrimmage Day 11</u> (Deerfield & Streamwood)  8:00-12:00	17 Off	July 18 Golf Outing & Parent Mixer
19	20 <u>Camp Day #12</u> 8:00-12:00 	21 <u>Camp Day #13</u> 8:00-12:00 	22 <u>Camp Day #14</u> 8:00-12:00   V/S- 7 on 7-ACHS @ 4:30	23 COMBINE DAY 9:00-11:30 	24 Off	25
26	27 <u>Camp Day #15</u> 8:00-12:00 	28 <u>Camp Day #16</u> 8:00-12:00 	29 <u>Camp Day #17</u> 8:00-12:00   V/S- 7 on 7-ACHS @ 4:30	30 <u>Camp Day #18</u> 8:00-12:00 Scrimmage #2 	31 Off	



August 2026

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