2023 WYF PRACTICE SCHEDULE					
July					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15
BIG	BIG	BIG			
DAWG	DAWG	DAWG			
CAMP	CAMP	CAMP			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22
6:00-7:30		6:00-7:30	6:00-7:30		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29
6:00-7:30		6:00-7:30	6:00-7:30	6:00-7:30	
*H.O.		*H.O	*H.O	**F.P. N.C	

July/August					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 30	1	2	3	4	5
6:00-7:30		6:00-7:30	6:00-7:30	6:00-7:30	
***F.C.		F.C.	F.C.	F.C	

7	8	9	10	11	12
6:00-7:30		6:00-7:30	6:00-7:30		TBD
					Scrimmage
F.C		F.C	F.C		@ TBD

	July 10-22 Pre-Season Conditioning
*H.O	Helmets O nly practice, shorts, cleats and mouthpeice.
**F.P.N.C	Full Pads, No Contact. cleats and mouthpiece
***F.C	Full Pads, Full C ontactFull practice gear

First two weeks of practice will be 4 days a week, Once school starts, we will drop to three days a week. All practices will be held on the field behind the Woodridge Middle School unit! further notice. Be prepared to start practice at 6:00. Be a little early, bring lots of water.

Wednesday, August 16th: First Day of School.