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| --- | --- | --- | --- | --- | --- |
| **2024 WYF PRACTICE SCHEDULE** | | | | | |
|  |
| July | | | | | |  |
|  |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |  |
| 8 | 9 | 10 | 11 | 12 | 13 |  |
| BIG | BIG | BIG |  |  |  |  |
| DAWG | DAWG | DAWG |  |  |  |  |
| CAMP | CAMP | CAMP |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |  |
| 22 | 23 | 24 | 25 | 26 | 27 |  |
| 6:00-7:30 |  | 6:00-7:30 | 6:00-7:30 | 6:00-7:30 |  |  |
|  |  |  |  |  |  |  |
|  |  |  |
|  |  |  |  |  |  |  |
| July/August | | | | | |  |
|  |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |  |
| July 29 | 30 | 31 | 1 | 2 | 3 |  |
| 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 |  |  |
|  |  |  |
|  |  |  |  |  |  |  |
| 5 | 6 | 7 | 8 | 9 | 10 |  |
| 6:00-7:30 |  | 6:00-7:30 | 6:00-7:30 | 6:00-7:30 |  |  |
| F.C |  | F.C | F.C | F.C |  |  |
|  |  |
|  |  |  |  |  |  |  |
| 12 | 13 | 14 | 15 | 16 | 17 |  |
| 6:00-7:30 |  | 6:00-7:30 | 6:00-7:30 |  | TBD |  |
| F.C |  | F.C | F.C |  | Scrimmage |  |
|  |  |
|  |  |  |  |  |  |  |
| July 22-27 Pre-Season Conditioning | | | | | |  |
| \*H.O | **H**elmets **O**nly practice, shorts, cleats and mouthpeice. | | | | |  |
| \*\*F.P.N.C | **F**ull **P**ads, **N**o **C**ontact. cleats and mouthpiece | | | | |  |
| \*\*\*F.C | **F**ull Pads, Full **C**ontact--Full practice gear | | | | |  |
| First week of practice will be 4 days conditioning, Once school starts,we will drop to three days a week. All practices will be held on the field behind the Woodridge Middle School unitl further notice. Be prepared to start practice at 6:00. Be a little early, bring lots of water. | | | | | |  |
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