

## Sullivan-Okaw Valley Football

## July 2023 <u>*Tentative*</u>



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	8
	Off	Independence Day Off	Weightroom Open 6:00-7:30AM	Weightroom Open 6:00-7:30AM		
			7-on-7 and Linemen Challenge @ Monticello @ 6:00 PM	Strength & Speed Workout 4:00-5:30PM		
9	10	11	12	13	14	15
	Weightroom Open 6:00-7:30AM		Weightroom Open 6:00-7:30AM	Weightroom Open 6:00-7:30AM		
	Strength & Speed Workout 4:00-5:30PM Position Drills 5:30-7:00PM		Strength & Speed Workout 4:00-5:30PM Position Drills 5:30-7:00PM	Strength & Speed Workout 4:00-5:30PM	7 on 7 and Linemen Challenge @ Mahomet-Seymour TBA	
16	17	18	19	20	21	22
	Weightroom Open 6:00-7:30AM		Weightroom Open 6:00-7:30AM	Weightroom Open 6:00-7:30AM		7-on-7 and Linemen
	Strength & Speed Workout 4:00-5:30PM Position Drills 5:30-7:00PM		Strength & Speed Workout 4:00-5:30PM Position Drills 5:30-7:00PM	Strength & Speed Workout 4:00-5:30PM		Challenge @ Robinson TBA
23	24	25	26	27	28	29
	SDV Football Camp 4:00-6:30 PM	SOV Football Camp 4:00-6:30 PM	SDV Football Camp 4:00-6:30 PM	SOV Football Camp 4:00-6:30 PM	Lift-a-Thon Fundraiser @ Second Chance Gym 4:00-7:00 PM	
30	31	1	2	3	4	5
IHSA Dead Period	IHSA Dead Period	IHSA Dead Period	IHSA Dead Period	IHSA Dead Period	IHSA Dead Period	IHSA Dead Period