



Sullivan-Okaw Valley Football

June 2023 *Tentative*



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------|--|---|---|--|--------|----------|
| 28 | 29 | 30 | 31 | 1 | 2 | 3 |
| | Off (Memorial Day) | Weightroom Open 6:00-7:30AM Strength & Speed Workout 4:00-5:30 PM | Weightroom Open 6:00-7:30AM Strength & Speed Workout 4:00-5:30PM 11 th -12 th Equipment Handout 5:30PM | Weightroom Open 6:00-7:30AM Strength & Speed Workout 4:00-5:30PM 9 th -10 th Equipment Handout 5:30PM | | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | SOV Football Camp 4:00-6:30 PM | SOV Football Camp 4:00-6:30 PM | SOV Football Camp 4:00-6:30 PM | SOV Football Camp 4:00-6:30 PM | | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| | Weightroom Open 6:00-7:30AM Strength & Speed Workout 4:00-5:30PM Position Drills 5:30-7:00PM Possible 7-on-7 TBA | | Weightroom Open 6:00-7:30AM Strength & Speed Workout 4:00-5:30PM Position Drills 5:30-7:00PM Possible 7-on-7 TBA | Weightroom Open 6:00-7:30AM Strength & Speed Workout 4:00-5:30PM | | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| Father's Day | Weightroom Open 6:00-7:30AM Strength & Speed Workout 4:00-5:30PM Position Drills 5:30-7:00PM Possible 7-on-7 TBA | | Weightroom Open 6:00-7:30AM Strength & Speed Workout 4:00-5:30PM Position Drills 5:30-7:00PM Possible 7-on-7 TBA | Weightroom Open 6:00-7:30AM Strength & Speed Workout 4:00-5:30PM | | |
| 25 | 26 | 27 | 28 | 29 | 30 | 1 |
| | Weightroom Open 6:00-7:30AM Strength & Speed Workout 4:00-5:30PM Position Drills 5:30-7:00PM Possible 7-on-7 TBA | | Weightroom Open 6:00-7:30AM Strength & Speed Workout 4:00-5:30PM Position Drills 5:30-7:00PM Possible 7-on-7 TBA | Weightroom Open 6:00-7:30AM Strength & Speed Workout 4:00-5:30PM | | |