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|  |  | 1  Strength & Condo 7 -8:45a | 2 Strength & Condo 7 -8:45a**Skill Night @ MHS 5:30p-7:30** | 3  Strength & Condo 7 -8:45a | 4 | 5 |
| 6 | 7  Strength & Condo 7 -8:45a | 8  Strength & Condo 7 -8:45a | 9 Strength & Condo 7 -8:45a  **EQUIPEMENT HAND OUT** | 10  Strength & Condo 7 -8:45a | 11 | 12 |
| 13 | 14  Preseason Camp @ Medfield 4:00-8:00pm | 15  Preseason Camp @ Medfield 4:00-8:00pm | 16 Preseason Camp @ Medfield 4:00-8:00pm | 17  RAIN DATE  Medfield Camp | 18 **7:00am Equipment**  8:30-1:30pm First Practice (SHS) | 19  Practice 8:15a-1:30pm (SHS) |
| 20 | 21  Practice 8:00am-1:30pm (SHS) | 22  Practice 8:00am-1:30pm (SHS) | 23  Practice 8:00am-12:00pm (SHS)  TEAM COOKOUT  1:00-4:00 | 24  Practice 8:00am-2:00pm (SHS) | 25  Practice 8:00am-2:00pm (SHS) | 26  **Scrimmage @**  **Medfield**  **10:00am** |
| **27** | 28  Practice 3:15-5:45pm (EAST) | 29 **MEDIA DAY**  2:30-5:30pm (SHS)  **AD MEETING**  **6:00pm Aud.** | 30 **First Day of School**  Practice 3:45-6:00pm (EAST) | 31  **Scrimmage vs Randolph 5:00pm** | 1 | 2 |

August 2023

Sunday Monday Tuesday Wednesday Thursday Friday Saturday