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| --- | --- | --- | --- | --- | --- | --- |
|  |   | 1Strength & Condo 7 -8:45a | 2 Strength & Condo 7 -8:45a**Skill Night @ MHS 5:30p-7:30** | 3Strength & Condo 7 -8:45a | 4 | 5 |
| 6 | 7 Strength & Condo 7 -8:45a | 8Strength & Condo 7 -8:45a | 9 Strength & Condo 7 -8:45a **EQUIPEMENT HAND OUT** | 10Strength & Condo 7 -8:45a | 11 | 12 |
| 13 | 14Preseason Camp @ Medfield 4:00-8:00pm | 15Preseason Camp @ Medfield 4:00-8:00pm | 16 Preseason Camp @ Medfield 4:00-8:00pm | 17RAIN DATE Medfield Camp | 18 **7:00am Equipment** 8:30-1:30pm First Practice (SHS) | 19Practice 8:15a-1:30pm (SHS) |
| 20 | 21Practice 8:00am-1:30pm (SHS) | 22Practice 8:00am-1:30pm (SHS) | 23Practice 8:00am-12:00pm (SHS)TEAM COOKOUT1:00-4:00 | 24Practice 8:00am-2:00pm (SHS) | 25Practice 8:00am-2:00pm (SHS) | 26**Scrimmage @****Medfield****10:00am** |
| **27** | 28Practice 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