

# Elizabethtown Football

# May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> FEILD WORK 330 5pm	<b>2</b> LIFT 330 5pm	<b>3</b> LIFT 6AM 715 AM	<b>4</b> LIFT 6 AM 715 AM LIFT 330PM 5PM	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b> FEILD WORK 330 5pm	<b>9</b> LIFT 330 5pm	<b>10</b> LIFT 6AM 715 AM	<b>11</b> LIFT 6 AM 715 AM LIFT 330PM 5PM	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b> FEILD WORK 330 5pm	<b>16</b> LIFT 330 5pm FEILD WORK	<b>17</b> LIFT 6AM 715 AM	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b> FEILD WORK 330 5pm	<b>23</b> LIFT 330 5pm	<b>24</b> LIFT 6AM 715 AM	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b> FEILD WORK 330 5pm	<b>30</b> LIFT 330 5pm	<b>31</b> LIFT330 5pm	<b>FEILD WORK 330 5pm</b>		
		Important Reminders		KEITH STOKES 7174051094		

# Elizabethtown Football

# June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Lift 6-7:20am	2	3
4	5 Lift 4-6:30pm SPRING BALL	6 Lift 4-6:30pm SPRING BALL	7 Lift 6-7:30am Lift 4-6:30pm SPRING BALL	8 Lift 6-7:30am Lift 4-6:30pm FREE Physicals 4-6:30pm	9	10 Big Man Challenge TBA
11	12 Spring Ball 4-6:30pm	13 Spring Ball 4-6:30pm	14 Lift 6-8am Spring Ball 4-6:30pm	15 Lift 6-8am Spring Ball 4-6:30pm	16	17
18	19 LIFT 4PM 6:30PM	20 Off	21 Off	22 Off	23	24
25	26 LIFT 4PM 6PM	27 LIFT 10-12pm 7 V 7 Hempfield 5:30pm	28 Lift 6-8am LIFT 4PM 6PM	29 Lift 6-8am LIFT 4PM 6PM	30 Lift 6-8am LIFT 4PM 6PM	
		Important Reminders KEITH STOKES 7174051094 KEITH_STOKES@ETOWNSCHOOLS.ORG				

# Elizabethtown Football

# July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						<b>1</b> Steel High 7 V 7 10:00 AM	
<b>2</b>	<b>3</b> Lift 4 - 6:30pm	<b>4</b>	<b>5</b> Lift 6-8am Lift 4-6:30pm	<b>6</b> Lift 10 - 12 pm Coatsville 7 V 7 5:30 PM	<b>7</b>	<b>8</b>	
<b>9</b>	<b>10</b> Lift 4-6:30pm	<b>11</b> Lift 4-6:30pm	<b>12</b> Lift 6-8am Lift 4-6:30pm	<b>13</b> Lift 6-8am Lift 4-6:30pm	<b>14</b>	<b>15</b>	
<b>16</b>	<b>17</b> Lift 4-6:30pm	<b>18</b> Lift 4-6:30pm	<b>19</b> Lift 6-8am Lift 4-6:30pm	<b>20</b> Lift 6-8am Steel High 7 V 7 5:30 PM	<b>21</b>	<b>22</b>	
<b>23</b> Kid's Camp 4 - 7:30pm Stadium	<b>24</b> Kid's Camp 4 - 7:30pm Stadium	<b>25</b> Millersville	<b>26</b> Millersville	<b>27</b> Millersville	<b>28</b>	<b>29</b> Golf Tournament	
<b>30</b>	<b>31</b> Lift 4-6:30pm	Important Reminders				KEITH STOKES 7174051094	

# Elizabethtown Football

# August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Lift 4-6pm	2 Lift 4-6pm	3 Lift 4-6pm Pool Party	4	5
6	7 Team Camp Starts Heat Acclimation Information to Follow	8 DAY 2 4PM -7PM	9 DAY 3 4PM -7PM	10 DAY 4 4PM -7PM	11 DAY 5 4PM -7PM	12
13	14 4pm - 630pm	15 4pm - 630pm	16 4pm - 630pm	17 4pm - 630pm	18 4pm - 630pm	19 PENN MANOR 10AM HOME
20	21 4pm - 630pm	22 4pm - 630pm	23 4pm - 630pm	24 4pm - 630pm	25 4pm - 630pm	26
27	28	29	30	31		
		Important Reminders	KEITH_STOKES@ ETOWNSCHOOL S.ORG	7174051094		