

# June

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	Weight room 2:50 - 5:00	Weight room 2:50 - 5:00	1	2 Weight room 2:50 - 5:00	3 Weight room 2:50 - 5:00	4
5	6 Weight room 2:50 - 5:00 Linemen Practice	7 Weight room 2:50 - 5:00 Linemen Practice	8 Final Strength & Conditioning Testing	9 Final Strength & Conditioning Testing Linemen Practice	10 Varsity Line Challenge Sayreville HS 5:30	11 Bagging at Shoprite 10 to 5:30
12	13 7v7 Practice	14 7v7 Practice	15	16 7 v 7 Practice	17 Van leaves 3 pm	18 Juniata College 7v7 Tournament Varsity
19	20 No Practice	21 ½ Day No Practice	22 Last Day Of School No Practice	23 7 v 7 Practice 11 am	24	25 Rutgers 7 v 7 Tournament Varsity 8 am
26	27 Summer Weightroom Varsity 10 - 1 Frosh 1-3:30 Staff Mtg 8:30 am	28	29 Frosh 1-3:30 Varsity 3-6 Frosh Meet the Coaches 7:00 Cafe	30 Varsity 10-1 Frosh 1-3:30		

# July

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1	2
3	4 <b>Independence Day</b> No Practice	5	6 Frosh 1-3:30 Varsity 3-6 <b>7v7 6- 8:30</b>	7 Varsity 10-1 Frosh 1-3:30	8	9
10	11 Varsity 10 - 1 Frosh 1-3:30	12	13 Frosh 1-3:30 Varsity 3-6 <b>7v7 6- 8:30</b>	14 Varsity 10-1 Frosh 1-3:30	15	16
17	18 Varsity 10 - 1 Frosh 1-3:30	19	20 Frosh 1-3:30 Varsity 3-6 <b>7v7 6- 8:30</b>	21 Varsity 10-1 Frosh 1-3:30 <b>Snapple Bowl</b> <b>Woodbridge</b> <b>HS 7:00</b>	22	23
24	25 <b>No Practice</b>	26	27 <b>No Practice</b>	28 <b>No Practice</b>	29	30

# August

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
31	1 Varsity 10 - 1 Frosh 1-3:30	2	3 Varsity 3 - 6 Frosh 1-3:30	4 Varsity 10 - 1 Frosh 1-3:30	5	6
7	8 <b>Running Testing</b> 10 - 1 <b>Frosh 1 - 3:30</b> Helmets	9 <b>Strength Testing</b> 10 - 1 <b>Frosh 1 - 3:30</b> Helmets	10 No Practice	11 Single Practice 3 - 7 Uppers Frosh 12 - 4	12 Single Practice 3 - 7 Uppers Frosh 12 - 4	13 Single Practice 9 to 12 Uppers Frosh 10 - 1
14	15 Single Practice 9 to 1 Full Gear Frosh - 9 - 1	16 Single 9 to 1 Full Gear Frosh 9 - 1	17 Single 9 to 1 Full Gear Frosh 9-1	18 Single 9 to 1 Practice with Rahway	19 Single 9 to 1 <b>Jersey Night</b> <b>7:00 Gym</b> <b>1 Parent Must Attend</b>	20 Pictures 9:00 PDP Letters <b>Scarlet &amp; Gold</b> <b>Scrimmage and BBQ</b>
21	22 Single Practice 8 to 1	23 <b>Varsity Hillsborough</b> <b>Quad Scrimmage</b> <b>10 am Away</b> Frosh @ Wood 10am	24 Single Practice 8 to 1	25 Single Practice 9 to 1	26 <b>Varsity Morris Knolls</b> <b>Quad Scrimmage</b> <b>10am Away</b>	27 Frosh Quad Scrimmage - Home Varsity Practice 8 to 1
28	29 Single Practice 9 to 1	30 Single Practice 9 to 1	31 Single Practice 9 to 1	1 <b>Game Scrimmage</b> <b>Carteret Home 6:00</b>	2 Single Practice 8 to 1	3 No Practice <b>Frosh Game</b> <b>Scrimmage at South Plainfield</b> <b>10am</b>

# September

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1 Game Scrimmage Carteret Home 6:00	2 Practice 8 to 1	3 No Practice Frosh Game Scrimmage at South Plainfield 10am
4	5 Labor Day Practice 10 - 1	6	7	8	9 Monroe Home 7:00	10 Practice 10 - 1
11	12	13	14	15	16 Sayreville Home 7:00	17 Practice 10 - 1
18	19	20	21	22	23 BYE WEEK	24 No Practice
25	26	27	28	29	30 Old Bridge Away 7:00	1 Practice 10 - 1 JV Home vs Old Bridge 1:00