



# VIKINGS FOOTBALL

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7 Open Field Passing League Noon-2 PM @ Practice Field	8	9	10	11	12	13
14 Open Field Passing League Noon-2 PM @ Practice Field	15	16	17	18	19 NO SCHOOL GOOD FRIDAY	20
21 EASTER SUNDAY	22	23	24	25	26	27 WFCA Combine @ Sussex-Hamilton
28 Open Field Passing League Noon-2 PM @ Practice Field	29	30				

*\*Attack Success\**





# VIKINGS FOOTBALL

May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5 Open Field Passing League Noon-2 PM @ Practice Field	6	7	8	9	10	11
12 Open Field Passing League Noon-2 PM @ Practice Field	13	14	15	16	17	18
19 MH Graduation	20	21	22	23	24 LAST DAY OF SCHOOL MHB Signing Day 4 PM	25
26	27 Memorial Day NO SCHOOL	28	29	30	31	

*\*Attack Success\**





# VIKINGS FOOTBALL

June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Testing Week Get Testing #'s In With Coach Saint	4 Testing Week Get Testing #'s In With Coach Saint	5 Testing Week Get Testing #'s In With Coach Saint	6 Testing Week Get Testing #'s In With Coach Saint	7 Testing Week Get Testing #'s In With Coach Saint	8
9 <b>Individual FB</b> <b>Expection:</b> 20 Lifts For the Summer minimum.	10 <b>MHB Football</b> Weights/Conditioning 6:30-8:00 AM	11 Weights: 6:30-8:00 AM	12 Weights: 6:30-8:00 AM  <b>Leadership Course</b> 10-12th Grade 4-6 PM	13 Weights: 6:30-8:00 AM  <b>Leadership Course</b> 10-12th Grade 4-6 PM	14 Weights: 6:30-8:00 AM  <b>Leadership Course</b> 10-12th Grade 4-6 PM	15
16	17 Weights: 6:30-8:00 AM	18 Weights: 6:30-8:00 AM	19 Weights: 6:30-8:00 AM  <b>Youth Pride Camp</b> 10:30-12:00 PM	20 Weights: 6:30-8:00 AM  <b>Youth Pride Camp</b> 10:30-12:00 PM	21 Weights: 6:30-8:00 AM  <b>Youth Pride Camp</b> 10:30-12:00 PM	22 <b>New Viking In Home Visits</b> 3-5 PM
23 <b>New Viking In Home Visits</b> 3-5 PM	24 Weights: 6:30-8:00 AM	25 Weights: 6:30-8:00 AM	26 Weights: 6:30-8:00 AM	27 Weights: 6:30-8:00 AM	28 Weights: 6:30-8:00 AM	29
30						

*\*Attack Success\**





# VIKINGS FOOTBALL

July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 OFF	2 OFF	3 OFF	4 <i>Happy 4th!</i>	5 OFF	6
7	8 Weights: 6:30-8 AM	9 Weights: 6:30-8 AM	10 Weights: 6:30-8 AM	11 Weights:6:30-8:00 AM	12 Weights:6:30-8:00 AM	13
14	15 Weights: 6:30-8 AM	16 Weights: 6:30-8 AM <b>Grid Iron Camp: Contact Day #1</b> 3:15- 6:15 PM *9th-12th Grade	17 Weights: 6:30-8 AM <b>Grid Iron Camp: Contact Day #2</b> 3:15- 6:15 PM *9th-12th Grade	18	19	20
21	22 Weights: 6:30-8 AM <b>Grid Iron Camp: Contact Day #3</b> 3:15- 6:15 PM *9th-12th Grade	23 Weights: 6:30-8 AM <b>Grid Iron Camp: Contact Day #4</b> 3:15- 6:15 PM *9th-12th Grade	24 Weights: 6:30-8 AM <b>Grid Iron Camp: Contact Day #5</b> Possible Intra Squad TBD *FRESHMAN OFF*	25 Weights: 6:30-8 AM Stretch/Re-Hab Following Day #5	26 Weights: 6:30-8 AM	27
28	29 OFF	30 OFF	31 OFF			

*\*Attack Success\**





# VIKINGS FOOTBALL

## August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b><u>VARSITY GAMES:</u></b> 7 PM <b><u>JV GAMES:</u></b> 7 PM <b><u>Frosh/JV 2:</u></b> 5 PM				1 OFF	2 OFF	3
4 <b><u>PARENT MEETING</u></b> 7 PM - 8 PM	5 <b>Equipment Hand-Out &amp; Testing</b> 11-12th 8-9 AM 9-10th 9-10 AM	6 <b>1st Day of Practice</b> 3:30-5:00 PM 5:00-5:30 PM (Break) 5:30-7:00 PM	7 <b>Practice</b> 3:30-5:00 PM 5-5:30 PM (Break) 5:30-7:00 PM	8 <b>Practice</b> 3:30-5:00 PM 5-5:30 PM (Break) 5:30-7:00 PM	9 <b>Practice</b> 3:30-5:00 PM 5-5:30 PM (Break) 5:30-7:00 PM	10 <b>Red &amp; White Scrimmage</b> Team Meeting: 8 AM On Field: 10 AM
11	12 <b>Practice</b> 3:30-5:00 PM 5-5:30 PM (Break) 5:30-7:00 PM	13 <b>Practice</b> 3:30-5:00 PM 5-5:30 PM (Break) 5:30-7:00 PM	14 <b>Practice</b> 3:30-5:00 PM 5-5:30 PM (Break) 5:30-7:00 PM	15 <b>Practice</b> 3:30-6:00 PM	16 <b>Scrimmage @ Kenosha</b> 4 PM	17 <b>Lift</b> 8 AM
18	19 <b>Practice</b> 3:30-6:30 PM	20 <b>Practice</b> 3:30-6:30 PM	21 <b>Practice</b> 3:30-6:30 PM	22 <b>Practice</b> 3:30-5:00 PM <hr/> <b>JV/JV 2 @ Watertown</b>	23 <b>vs. Watertown HS</b> <i>Youth Football Night</i> <hr/> <b>Fresh/JV Film: @ 3:30 PM</b>	24
25	26 <b>Practice</b> 3:30-6:30 PM	27 <b>Practice</b> 3:30-6:30 PM	28 <b>Practice</b> 3:30-6:30 PM	29 <b>Practice</b> 3:30-5:00 PM <hr/> <b>JV/JV 2 vs. Milton</b>	30 <b>@ Milton HS</b>  <b>Fresh/JV: OFF</b>	31

*\*Attack Success\**





# VIKINGS FOOTBALL

## September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Practice 3:30-6:30 PM	3 Practice 3:30-6:30 PM	4 Practice 3:30-6:30 PM	5 Practice 3:30-5:00 PM  JV/JV 2 @ Portage	6 vs. Portage HS  Fresh/JV Film: 3:30 PM	7
8	9 Practice 3:30-6:30 PM	10 Practice 3:30-6:30 PM	11 Practice 3:30-6:30 PM	12 Practice 3:30-5:00 PM  JV/JV 2 vs. Waunakee	13 @ Waunakee HS  Fresh/JV: OFF	14
15	16 Practice 3:30-6:30 PM	17 Practice 3:30-6:30 PM	18 Practice 3:30-6:30 PM	19 Practice 3:30-5:00 PM  JV/JV 2 @ Reedsburg	20 vs. Reedsburg HS <i>Senior Night</i>  Fresh/JV Film: 3:30 PM	21
22	23 Practice 3:30-6:30 PM	24 Practice 3:30-6:30 PM	25 Practice 3:30-6:30 PM	26 Practice 3:30-5:00 PM  JV/JV 2 vs. DeForest	27 @ DeForest HS  Fresh/JV: OFF	28
29	30 Practice 3:30-6:30 PM					

*\*Attack Success\**





# VIKINGS FOOTBALL

## October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Practice 3:30-6:30 PM	2 Practice 3:30-6:30 PM	3 Practice 3:30-5:00 PM <hr/> JV/JV 2 @ Beaver Dam	4 vs. Beaver Dam <i>Homecoming</i>	5
6	7 Practice 3:30-6:30 PM	8 Practice 3:30-6:30 PM	9 Practice 3:30-6:30 PM	10 Practice 3:30-5:00 PM <hr/> JV/JV 2 vs. Sauk Prairie	11 @ Sauk Prairie HS  Fresh/JV: OFF	12
13	14 Practice 3:30-6:30 PM	15 Practice 3:30-6:30 PM	16 Practice 3:30-6:30 PM	17 Practice 3:30-5:00 PM <hr/> JV/JV 2 vs. Baraboo	18 @ Baraboo HS  Fresh/JV: OFF	19
20	21 Practice 3:30-6:30 PM	22 Practice 3:30-6:30 PM	23 Practice 3:30-6:30 PM	24 Practice 3:30-5:00 PM	25 Level 1 WIAA Playoffs	26
27	28 Practice 3:30-6:30 PM	29 Practice 3:30-6:30 PM	30 Practice 3:30-6:30 PM	31 Practice 3:30-5:00 PM		

*\*Attack Success\**





# VIKINGS FOOTBALL

## November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Level 2 WIAA Playoffs	2
3	4 Practice 3:30-6:30 PM	5 Practice 3:30-6:30 PM	6 Practice 3:30-6:30 PM	7 Practice 3:30-5:00 PM	8 Level 3 WIAA Playoffs	9
10	11 Practice 3:30-6:30 PM	12 Practice 3:30-6:30 PM	13 Practice 3:30-6:30 PM	14 Practice 3:30-5:00 PM	15 Level 4 WIAA Playoffs	16
17	18 Practice 3:30-6:30 PM	19 Practice 3:30-6:30 PM	20 Practice 3:30-6:30 PM	21 Practice 3:30-5:00 PM	22 Division 3 State Championship 10AM	23
24	25	26	27	28	29	30

*\*Attack Success\**







# VIKINGS FOOTBALL

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Bus Schedule JV1: TBD

Bus Schedule JV2: TBD

Bus Schedule: Varsity TBD

*\*Attack Success\**

