

August 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ONCE SPASH CLASS SCHEDULE IS DETERMINED, WE WILL BE LIFTING DURING THE WEEK SOMETIME. PLEASE BE READY FOR THIS CHANGE. IT'LL EITHER BE DURING THE MORNING PLC OR AFTERNOON PLT TIMES.				1 PANTHER PERFORMANCE 6:30-7:45 AM	2	3
4	5	HELMETS 6	HELMETS 7	SHELLS 8	SHELLS 9	SHELLS 10 <i>SR Cookout noon at Iverson</i>
	LOCK IN: begins at 2 PM, ends 8/6 at 10 AM		Rest and Recovery: JV/V 8:00-9:00 AM PICTURES 9:30 AM at Goerke	Practice: JV/V only 8:00-9:30 AM	Rest and Recovery: JV/V 8:00-9:00 AM	Rest and Recovery: JV/V 8:00-9:00 AM
		Practice: ALL LEVELS 3:00-7:30	Practice: ALL LEVELS 3:00-7:30	Practice: ALL LEVELS 3:00-7:30	Practice: ALL LEVELS 3:00-7:30	Practice: ALL LEVELS 9:30-11:30
	<i>Midnight Madness Practice</i>					
11	FULL PADS 12	FULL PADS 13	SHELLS 14	15	HELMETS 16	17
	Practice: JV/V only 8:00-9:30 AM	Rest and Recovery: JV/V 8:00-9:00 AM		JV/V SCRIMMAGE @ Appleton North 4 PM (bus 1:20)	Rest and Recovery: JV/V 8:00-9:00 AM	
	Practice: ALL LEVELS 3:00-7:30	Practice: ALL LEVELS 3:00-7:30	Practice: ALL LEVELS 3:00-7:30		Practice: JV/V 9:30-11:00	
18	19	20	21	22	23	24
JV/V Team Meeting and Lift: 4:00-6:00 PM	JV/Varsity Practice: 3:00-5:45	JV/Varsity Practice: 3:00-6:00	Workout: 2:00 JV/Varsity Practice: 3:00-5:30 Feast for Friday: 5:30	Varsity Game @ Chippewa Falls 7 PM (bus 3:20)	Rest and Recovery: JV/V 2:00-3:00 PM	
	SPASH CARD BLITZ 5:45-7:30				Practice: JV/V 3:00-5:30 PM	
	SPASH Card Awards 7:30			JV OFF		
25	26	27	28	PARENT NIGHT 29	30	31
JV/V Team Meeting and Lift: 4:00-6:00 PM	JV vs. Chippewa Falls (time 4:45)	JV/Varsity Practice: 3:00-6:00	Workout: 2:00 JV/Varsity Practice: 3:00-5:30 Feast for Friday: 5:30	Varsity Game vs. Superior 7 PM	Rest and Recovery: JV/V 2:00-3:00 PM	
	Varsity Practice: 2:30-5:00				Practice: JV/V 3:00-5:00 PM	

September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	YAF NIGHT 6	7
JV/V Team Meeting and Lift: 4:00-6:00 PM	Labor Day JV/Varsity Practice: 3:00-6:00	JV @ WI Rapids (4:30, bus leaves at 3:15) Varsity Practice: 3:00-6:00	Workout: 7:15-8:00 JV/Varsity Practice: 3:00-6:00	JV/Varsity Practice: 3:00-5:30 Feast for Friday 5:30	Varsity Game vs. Eau Claire Memorial 7 PM JV Film: 3:00-4:00	
8	9	10	11	12	Ol'River Jug 13	14
JV/V Team Meeting and Lift: 4:00-6:00 PM	JV @ Eau Claire Memorial (4:45, bus leave 2:00) Varsity Practice: 3:00-6:00	JV/Varsity Practice: 3:00-6:00	Workout: 7:15-8:00 JV/Varsity Practice: 3:00-6:00	JV/Varsity Practice: 3:00-5:30 Feast for Friday 5:30	Varsity Game @ WI Rapids 7 PM (bus 4:50) JV Film: 3:00-4:00	
15	16	17	18	19	20	21
JV/V Team Meeting and Lift: 4:00-6:00 PM	JV vs. WI Rapids (5:00) Varsity Practice: 3:00-6:00	JV/Varsity Practice: 3:00-6:00	Workout: 7:15-8:00 JV/Varsity Practice: 3:00-6:00	JV/Varsity Practice: 3:00-5:30 Feast for Friday 5:30	Varsity Game @ Hudson 7 PM (bus 2:00) NO JV FILM	
22	23	24	25	26	HOMECOMING 27	28
JV/V Team Meeting and Lift: 4:00-6:00 PM	JV vs. Hudson (4:00) Varsity Practice: 3:00-6:00	JV/Varsity Practice: 3:00-6:00	Workout: 7:15-8:00 JV/Varsity Practice: 3:00-6:00	JV/Varsity Practice: 3:00-5:30 Feast for Friday 5:30	Varsity Game vs. Wausau West 7 PM JV Film: 3:00-4:00	
29	30	ONCE SPASH CLASS SCHEDULE IS DETERMINED, WE WILL BE LIFTING DURING THE WEEK SOMETIME. PLEASE BE READY FOR THIS CHANGE. IT'LL EITHER BE DURING THE MORNING PLC OR AFTERNOON PLT TIMES.				
JV/V Team Meeting and Lift: 4:00-6:00 PM	JV @ Wausau West (5:00) Bus leaves at 3:30 Varsity Practice: 3:00-6:00					

October 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		JV/Varsity Practice: 3:00-6:00	Workout: 7:15-8:00	JV/Varsity Practice: 3:00-5:30	Varsity Game @ Eau Claire North	
			JV/Varsity Practice: 3:00-6:00	Feast for Friday 5:30	7 PM (bus 3:20)	
					JV Film 3:00-4:00	
6	7	8	9	10	11	12
JV/V Team Meeting and Lift: 4:00-6:00 PM	JV vs. Eau Claire North (5:00)	JV/Varsity Practice: 3:00-6:00	Workout: 7:15-8:00	JV/Varsity Practice: 3:00-5:30	Varsity Game @ DC Everest	
	Varsity Practice: 3:00-6:00		JV/Varsity Practice: 3:00-6:00	Feast for Friday 5:30	7 PM (bus 4:50)	
					JV Film: 3:00-4:00	
13	14	15	16	17	SR NIGHT 18	19
JV/V Team Meeting and Lift: 4:00-6:00 PM	JV vs. DC Everest (5:00)	JV/Varsity Practice: 3:00-6:00	Workout: 7:15-8:00	JV/Varsity Practice: 3:00-5:30	Varsity Game vs. Marshfield	
	Varsity Practice: 3:00-6:00		JV/Varsity Practice: 3:00-6:00	Feast for Friday 5:30	7 PM	
					JV Film: 3:00-4:00	
20	21	22	23	24	25	26
V Team Meeting and Lift: 4:00-6:00 PM	JV @ Marshfield (5:00, bus leaves at 3:30)	Varsity Practice: 3:00-6:00	Workout: 7:15-8:00	Varsity Practice: 3:00-5:30	LEVEL 1 PLAYOFFS	
	Varsity Practice: 3:00-6:00		JV/Varsity Practice: 3:00-6:00	Feast for Friday 5:30		
27	28	29	30	31	ONCE SPASH CLASS SCHEDULE IS DETERMINED, WE WILL BE LIFTING DURING THE WEEK SOMETIME. PLEASE BE READY FOR THIS CHANGE. IT'LL EITHER BE DURING THE MORNING PLC OR AFTERNOON PLT TIMES.	
V Team Meeting and Lift: 4:00-6:00 PM	Varsity Practice: 3:00-6:00	Varsity Practice: 3:00-6:00	Workout: 7:15-8:00	Varsity Practice: 3:00-5:30		
			JV/Varsity Practice: 3:00-6:00	Feast for Friday 5:30		

November 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					LEVEL 2 PLAYOFFS	
3	4	5	6	7	8	9
V Team Meeting and Lift: 4:00-6:00 PM	Varsity Practice: 3:00-6:00	Varsity Practice: 3:00-6:00	Workout: 7:15-8:00	Varsity Practice: 3:00-5:30	LEVEL 3 PLAYOFFS	
			JV/Varsity Practice: 3:00-6:00	Feast for Friday 5:30		
10	11	12	13	14	15	16
V Team Meeting and Lift: 4:00-6:00 PM	Varsity Practice: 3:00-6:00	Varsity Practice: 3:00-6:00	Workout: 7:15-8:00	Varsity Practice: 3:00-5:30	LEVEL 4 PLAYOFFS	
			JV/Varsity Practice: 3:00-6:00	Feast for Friday 5:30		
17	18	19	20	21	22	23
V Team Meeting and Lift: 4:00-6:00 PM	Varsity Practice: 3:00-6:00	Varsity Practice: 3:00-6:00	Workout: 7:15-8:00	Varsity Practice: 3:00-5:30	STATE FINAL	
			JV/Varsity Practice: 3:00-6:00	Feast for Friday 5:30		
24	25	26	27	28	29	30
				Thanksgiving Day		

January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 New Year's Day	2 WORKOUT 3:10-4:10	3	4 WORKOUT 3:10-4:10	5	6
7	8 WORKOUT 3:10-4:10	9 WORKOUT 3:10-4:10	10	11 WORKOUT 3:10-4:10	12	13
14	15 WORKOUT 3:10-4:10	16 WORKOUT 3:10-4:10	17	18 WORKOUT 3:10-4:10	19	20
21	22 NO SCHOOL	23 NO SCHOOL	24 WORKOUT 3:10-4:10	25 WORKOUT 3:10-4:10	26	27
28	29 WORKOUT 3:10-4:10	30 WORKOUT 3:10-4:10	31 LEADERSHIP ACADEMY DURING PLT-ALL SO/JR			

February 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 WORKOUT 3:10-4:10	2	3
4	5 WORKOUT 3:10-4:10	6 WORKOUT 3:10-4:10	7	8 WORKOUT 3:10-4:10	9	10
11	12 WORKOUT 3:10-4:10	13 WORKOUT 3:10-4:10	14 Valentine's Day	15 WORKOUT 3:10-4:10	16 NO SCHOOL	17
18	19 WORKOUT 3:10-4:10	20 WORKOUT 3:10-4:10	21	22 WORKOUT 3:10-4:10	23	24
25	26 WORKOUT 3:10-4:10	27 WORKOUT 3:10-4:10	28 LEADERSHIP ACADEMY DURING PLT-ALL SO/JR	29 WORKOUT 3:10-4:10		

JOIN TRACK!!

March 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 WORKOUT 3:10-4:10	5 WORKOUT 3:10-4:10	6	7 WORKOUT 3:10-4:10	8	9
10	11 WORKOUT 3:10-4:10	12 WORKOUT 3:10-4:10	13	14 WORKOUT 3:10-4:10	15	16
17	18 NO SCHOOL	19 NO SCHOOL	20 NO SCHOOL	21 NO SCHOOL	22 NO SCHOOL	23
24	25 WORKOUT 3:10-4:10	26 WORKOUT 3:10-4:10	27	28 WORKOUT 3:10-4:10	29 NO SCHOOL	30
			ACT DAY			
31						

JOIN TRACK!!

April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
			LEADERSHIP ACADEMY DURING PLT-ALL SO/JR			
7	8	9	10	11	12 NO SCHOOL	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
			LEADERSHIP ACADEMY DURING PLT-ALL SO/JR			
28	29	30				

May 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 8th Grade Visit Day! 6 PM, SPASH Lower Commons <i>New event: 8th graders go on a “visit” to SPASH to learn about the program</i>	2	3	4
5	6	7	8	9	10 NO SCHOOL	11
12 Mother's Day	13 Workout: 3:15-4:15	14 Workout: 3:15-4:15 Skill Work: 6:05-6:45 AM	15 Workout: 3:15-4:15 6:30 PM: Mandatory Fall Sports Meeting (Fieldhouse)	16 Workout: 3:15-4:15	17	18
19	20 Workout: 3:15-4:15	21 Workout: 3:15-4:15 Skill Work: 6:05-6:45 AM	22 Workout: 3:15-4:15 6:00 PM: Gridiron Club Meeting @ Mission Coffee House Plover	23 Workout: 3:15-4:15	24	25
26	27 NO SCHOOL Memorial Day	28 Workout: 3:15-4:15 Skill Work: 6:05-6:45 AM	29 Workout: 3:15-4:15 LEADERSHIP ACADEMY DURING PLT–ALL SO/JR	30 Workout: 3:15-4:15	31	

June 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
Lifting Monday-Thursday all May from 3:15-4:15 at SPASH						
2	3 MAXOUT TESTING	4 MAXOUT TESTING	5 MAXOUT TESTING	6 OFF	7 OFF	8
		LAST DAY OF SCHOOL				
9 7 on 7 @ DC Everest 6:00: SPASH 1 vs. WW 1 6:45: SPASH 2 vs. WW2	10 OFF	11 OFF	12 OFF	13 OFF	14 OFF	15
16 Father's Day 7 on 7 @ DC Everest 6:00: SPASH 1 vs. Stratford 6:45: SPASH 2 vs. Merrill	17 PANTHER PERFORMANCE 6:30-7:45 AM	18 PANTHER PERFORMANCE 6:30-7:45 AM	19 PANTHER PERFORMANCE 6:30-7:45 AM	20 PANTHER PERFORMANCE 6:30-7:45 AM	21	22
23 7 on 7 @ DC Everest 6:00: SPASH 1 vs. Edgar 6:45: SPASH 2 vs. Newman	24 PANTHER PERFORMANCE 6:30-7:45 AM	25 PANTHER PERFORMANCE 6:30-7:45 AM	26 PANTHER PERFORMANCE 6:30-7:45 AM	27 PANTHER PERFORMANCE 6:30-7:45 AM	28	29 UWSP 7 on 7 8:00-Noon Packer Group
30 7 on 7 @ DC Everest 6:00: SPASH 1 vs. DCE 1 6:45: SPASH 2 vs. DCE 2 6:45: SPASH 1 vs. Marathon						

July 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 PANTHER PERFORMANCE 6:30-7:45 AM	2 PANTHER PERFORMANCE 6:30-7:45 AM	3	4 Independence Day	5	6
7 NO 7 ON 7	8 PANTHER PERFORMANCE 6:30-7:45 AM	9 PANTHER PERFORMANCE 6:30-7:45 AM	10 PANTHER PERFORMANCE 6:30-7:45 AM	11 PANTHER PERFORMANCE 6:30-7:45 AM	12 SPASH 7 on 7/OL Challenge with Green Bay Packers <i>Players already know if they are going.</i>	13
14 7 on 7 @ DC Everest 6:00: SPASH 1 vs. Mosinee 6:00: SPASH 2 vs. Marathon 6:45: SPASH 2 vs. Edgar 6:45: SPASH 1 vs. Merrill	15 PANTHER PERFORMANCE 6:30-7:45 AM	16 PANTHER PERFORMANCE 6:30-7:45 AM	17 PANTHER PERFORMANCE 6:30-7:45 AM	18 PANTHER PERFORMANCE 6:30-7:45 AM	19	20
21 7 on 7 @ DC Everest 6:00: SPASH 1 vs. Marathon 6:45: SPASH 2 vs. Stratford	22 PANTHER PERFORMANCE 6:30-7:45 AM Equipment Handout: 2 PM Contact Day 1: FR-SR 3:00-7:00	23 PANTHER PERFORMANCE 6:30-7:45 AM Contact Day 2: FR-SR 3:00-7:00	24 PANTHER PERFORMANCE 6:30-7:45 AM Contact Day 3: FR-SR 3:00-7:00	25 PANTHER PERFORMANCE 6:30-7:45 AM Contact Day 4: FR-SR 3:00-7:00	26 Contact Day 5: FR-SR 12-3 PM Team Bowling at Skipps 4-6 PM	27
28 7 on 7 @ DC Everest 6:00: SPASH 1 vs. Newman 6:45: SPASH 2 vs. Merrill 6:45: SPASH 1 vs. Marathon	29 PANTHER PERFORMANCE 6:30-7:45 AM Youth Camp: Grades 2-5: 1:00-2:30 Grades 6-8: 3:00-5:00	30 PANTHER PERFORMANCE 6:30-7:45 AM Youth Camp: Grades 2-5: 1:00-2:30 Grades 6-8: 3:00-5:00	31 PANTHER PERFORMANCE 6:30-7:45 AM Youth Camp: Grades 2-5: 1:00-2:30 Grades 6-8: 3:00-5:00			