



STJFL 2024

"Your **TALENT** determines what you can do. Your **MOTIVATION** determines how much you are willing to do. Your **ATTITUDE** determines how well you do it." -Lou Holtz

Important Dates

Earliest Close of Registration	June 15 rd
STJFL Insurance/Dues Meeting (4-6pm)	July 16th
Mandatory Coaches Meeting	July 21st
Executive Board/Ref Meeting	TBD
First Day of Conditioning/Practice	July 29 th
Small School Certification	Aug 10 th
Big School Certification	Aug 17 th
Week 1	Aug 24 th
Week 2	Sept 7 th
Week 3	Sept 14 th
Week 4	Sept 21 st
Week 5	Sept 28 th
Week 6	Oct 5 th
Week 7	Oct 12 th
Week 8	Oct 19 th
Playoffs-Round 1 All at PNG	Oct 26 th
Playoffs-Round 2 Small HJ Big PA	Nov 2 th
Cheer Competition LCM	Nov 10th
Super Bowl PA	Nov 9th

Certification- DICK's Sporting Goods- Beaumont

Pictures and Weigh in