

Minnetonka Football

We Build Champions.

2025 Calendar notes:

- We encourage participation in off-season sports. The winter and spring workouts are for those who do not participate in a MSHSL sport. If you participate in a sport, you should train with that team unless your coach gives you permission to join the off-season strength training.
- All workouts and camps are optional. To be our best, we encourage everyone to attend as much as possible. Obviously the more we train the better we will be.
- Summer workout times: Tentatively- 9th and 10th grade 7:30-9 am, 11th and 12th grade 9-10:30 am.
- Summer practices and the team football camp are high priority. Grades 10-12 please plan on being at practices in June and the Football camp in June. See calendar for details.
- We expect and encourage all players to be available to help with youth camp and salt sale deliveries.
- Best times for summer vacations for those kids that don't want to miss workouts are the MSHSL blackout week and late July.
- TEAM CAMP is June 23-25th in Mankato. We have several practices leading up to camp that should be attended.

Important notes:

Winter Salt Delivery is February 1

Spring Meeting March 19th 7 pm

Equipment handout is Saturday June 7

Summer Salt sale delivery is Saturday, July 26

MSHSL Blackout dates are from June 28-July 6. This is a great time for vacations.

TD club golf tournament is July 21st

Youth camp (all 11th and 12th grade volunteer for this campus-required) July 28,29,30 (4 pm to 8 pm)

Equipment turn in is the Monday after our final game- all lockers must be cleaned out completely at that time.

Calendar below, please scroll down to view.

August 2025

Minnetonka Varsity Football – We Build Champions

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
27	July 28 Workouts 9-10:30 VARSITY STARTS AT 8:45! Developmental and Youth camp 4-8 pm	July 29 Developmental and Youth camp 4-8 pm	July 30 Workouts 9-10:30 Developmental and Youth camp 4-8 pm	July 31 Workouts 9-10:30	August 1	2
3	4 Workouts 9-10:30	5 PAC meeting- HS cafeteria 6:30-7:30	6 Workouts 9-10:30	7 Workouts 9-10:30	8	9
10	11 Equipment handout 6:45 am (for those that have not received theirs) 8:00-8:20 Team meeting 8:30-8:50 "O" & "D" Meetings 9:00-9:20 Speed 9:25-11:20 Practice #9 11:30-11:45-Kickoff Meeting 5 pm team meeting 5:15 pm O and D meetings 6-8 pm Practice #2	12 8:00-8:10 Team meeting 8:15-8:45 Meetings 9-11:00 Practice #3 11:15-noon Lunch noon-12:15 Punt Return Meeting 12:30 -1:30 walk thru 2:00-2:40 LIFT	13 8:00-8:20 Gold Card meeting 8:30-8:50 "O" & "D" Meetings 9:00-11:00 Practice #1 11:30-11:45 KOR 5:00 Team meeting 5:15 pm O and D meetings 6-7:30 pm Practice #2	14 7:00-7:40 Lift 8:00-8:30 Meetings 8:45-10:45 Practice #6 11:00-11:45 Lunch 11:45-12:00 Punt meeting 12:15-1:00 Walk thru Pictures- 2:00 pm 5:15-9:00 TFA weigh-ins. Player volunteers needed. Pizza provided.	15 8:00-8:30 Men of Character 8:30-50 Meetings 9-11 Practice #7 11:30- Punt return meeting 3:00 Lombo 3:15 O and D meetings 4:00-6:00 Practice #8	16
17	18 8:00-8:20 Team meeting 8:30-8:50 "O" & "D" Meetings 9:00-9:20 Speed 9:25-11:20 Practice #9 11:30-11:45 KOR 5:00 JT 5:30pm O and D meetings 6-8 pm Practice #10	19 8:00-8:30 Meetings 8:45-10:45 Practice #11 Snack/Lunch in transition 11:00-12:00 Lunch 12:00-1 walk thru 1:15-2 Lift Gold Card Blitz Details coming soon Gold Card turn in 7-8 pm	20 8:00-8:40 O and D Meetings 9:00-10:30 Practice #12 Pre game routine 10:30-10:45 11:30-12:15pm Recovery Lunch DL/RB/QB Kickoff Night TFA on the field 4 pm Warm-up 6 pm on Vets Scrimmage – 7:00-8:30PM	21 7:00-7:50am - LIFT *8:00-8:10 Team meeting 8:15-50 O and D Meetings 9:00-11:00 Practice #13 11:00-11:45 Lunch Noon: Pro 3 solutions noon--1:00 Walk thru 1:30 LB/WR- Food	22 8:00-8:15 Team Meeting 8:15-8:35 O and D Meetings 9:00-11:00 Practice #14 11:15 Punt meeting DB-OL- Food	23 Bus leaves at 7:15 8:30-12 Scrimmage at Maple Grove
24	25 11:30- O film 12:30-1:20 D film 1:30pm-2:00 Speed 2 pm-2:40 Lift 2:45-3:05 O/D meetings 3:30-5:15 practice	26 Teacher Workshop 1:45-2:30 LIFT 2:45-3:05 "O" & "D" Meetings 3:20-5:20 Practice	27 Teacher Workshop 3:30 meetings 3:45-5:00 Practice Team meal to follow	28 Teacher Workshop 8:30 am walk through 7:00 PM Eastridge- home	29 8:30 am film JV Game vs White Bear - 10 am	30 No Practice- Off

September 2025

Minnetonka Varsity Football – We Build Champions

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Aug 31	1 Labor Day 1:30-2 speed 2 pm lift 2:45-3:05 "O/D" meetings 3:30-5:30 Practice JV Video (after practice)	2 2:50-6:00 meetings and practice	3 2:50-3:30 Strength Train 3:45-5:45 Meetings and practice	4 3:00 Video 3:15-4:30 practice	5 2:50-3:10 weights (workout gear) 7:00 PM @STMA	6 10:00 AM JV Home vs STMA
7	8 2:50-3:45 Strength Train 3:45-6 meetings and practice	9 2:50-6:00 meetings and practice	10 2:50-3:30 Strength Train 3:45-5:45 Meetings and practice	11 3:00 Video 3:15-4:30 practice	12 2:50-3:10 weights (workout gear) 6:00 PM Moorhead	13 Saturday schedule TBD 10:00 AM at Forest Lake
14	15 2:50-3:45 Strength Train 3:45-6 meetings and practice 6:00-6:30 JV Video	16 2:50-6:00 meetings and practice	17 2:50-3:30 Strength Train 3:45-5:45 Meetings and practice	18 3:00 Video 3:15-4:45 practice	19 2:50-3:10 weights (workout gear) 7:00 PM @Prior Lake	20 Saturday schedule TBD 10:00 AM Home vs PL
21	22 2:50-3:45 Strength Train 3:45-6 meetings and practice 6:00-6:30 JV Video	23 2:50-6:00 meetings and practice	24 2:50-3:30 Strength Train 3:45-5:45 Meetings and practice	25 3:00 Video 3:15-4:45 practice	26 2:00pm - 2:30pm Lift Parade departure TBD 7:00 PM Eden Prairie	27 Saturday schedule TBD 10:00 AM at EP

October 2025

Minnetonka Varsity Football – We Build Champions

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Sept 28	Sept 29 2:50-3:45 Strength Train 3:45-6 meetings and practice 6:00-6:30 JV Video	Sept 30 2:50-6:00 meetings and practice	Oct 1 3:30-5:45 Meetings and practice	2 3:00 Video 3:15-4:45 practice	3 2:50-3:10 weights (workout gear) 7:00 PM Varsity game @Wayzata	4 JV game Wayzata home
5	6 2:50-3:45 Strength Train 3:45-6 meetings and practice 6:00-6:30 JV Video	7 2:50-6:00 meetings and practice	8 3:30-5:45 Meetings and practice	9 3:00 Video 3:15-4:45 practice	10 2:50-3:10 weights (workout gear) 7 pm Edina (Salute to Service)	11 Saturday schedule TBD JV at Edina
12	13 2:50-3:45 Strength Train 3:45-6 meetings and practice 6:00-6:30 JV Video	14 2:50-6:00 meetings and practice	15 MEA 9 am Walk through 2:50-3:10 weights (workout gear) Varsity game @ MAPLE GROVE 7pm	16 MEA 8:30 am film	17 MEA Off	18 MEA No Practice Schedule college visits this weekend
19	20 2:50-3:45 Strength Train 3:45-5:30 meetings and practice JV game home vs Maple Grove 6 pm	21 2:50-6:00 meetings and practice	22 3:30-5:45 Meetings and practice	23 3:00 Video 3:15-4:45 practice	24 7:00 Varsity Game 6A Playoffs 1st Round (TBD)	25 Lift 9:30 am Film 10 am-11:15
26	27 2:50-3:45 Strength Train 3:45-6 meetings and practice	28 2:50-6:00 meetings and practice	29 2:50 pm Strength Train 3:30-5:45 Meetings and practice	30 3:00 Video 3:15-4:45 practice	31 7:00 Varsity Game 6A Playoffs 2nd Round (TBD)	Nov 1 Lift 9:30 am Film 10 am-11:15

November 2025

Minnetonka Varsity Football – We Build Champions

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
2	3 2:50-3:45 Strength Train 3:45-6 meetings and practice	4 2:50-6:00 meetings and practice	5 2:50 pm Strength Train 3:30-5:45 Meetings and practice	6 3:00 Video 3:15-4:45 practice Team Dinner 5 pm	7 7:00 Varsity Game State 6A Quarterfinals (TBD) (This game can be played on Thursday or Sat.)	8 schedule TBD
9	10 2:50-3:45 Strength Train 3:45-6 meetings and practice	11 2:50-6:00 meetings and practice	12 2:50-3:30 Strength Train 3:45-5:45 Meetings and practice	13 3:00 Video 3:15-4:45 practice Team Dinner 5 pm	14 7:00 Varsity Game State 6A Semifinals US Bank Stadium (TBD) (This game can be played on Thursday or Sat.)	15 schedule TBD
16	17 2:50-3:45 Strength Train 3:45-6 meetings and practice	18 2:50-6:00 meetings and practice	19 2:50-3:30 Strength Train 3:45-5:45 Meetings and practice	20 3:00 Video 3:15-4:45 practice Team Dinner 5 pm	21 9 am walk through Prep Bowl US Bank Stadium 7:00 PM	22 Off
23	24 Equipment turn in Monday following last game	25 player meetings	26 coaches meetings	27 Thanksgiving	28	29
Nov 30	DEC 1	2	3	4	5	6 Banquet Date To Be Determined