

Simsbury Football 2025

June

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 Strength and Conditioning 9:25-11:30	17 Excel 7v7 AIC Abow Field 4pm Strength and Conditioning 9:25-11:30	18	19 OSP Strength and Conditioning 9:25-11:30	20 Strength and Conditioning 9:25-11:30	21
22	23 Strength and Conditioning 9:25-11:30	24 Excel 7v7 AIC Abow Field 4pm Strength and Conditioning 9:25-11:30	25	26 OSP Strength and Conditioning 9:25-11:30	27 Strength and Conditioning 9:25-11:30	28
29	30 Manchester 7v7 7pm Field 1 vs East Catholic Strength and Conditioning 9:25-11:30					

- OSP (Off-season Practice) Every Thursday

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July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Excel 7v7 AIC Abdo Field 4pm Strength and Conditioning 9:25-11:30	2 Manchester 7v7 6pm Field 2 vs Co-Op	3 OSP Strength and Conditioning 9:25-11:30	4 Strength and Conditioning 9:25-11:30	5
6	7 Strength and Conditioning 9:25-11:30	8 Excel 7v7 AIC Abdo Field 4pm Strength and Conditioning 9:25-11:30	9 Manchester 7v7 5pm Field 1 vs South Windsor 6pm Field 2 vs East Catholic	10 OSP Strength and Conditioning 9:25-11:30	11 Strength and Conditioning 9:25-11:30	12
13	14 Manchester 7v7 5pm Field 2 vs Granby Strength and Conditioning 9:25-11:30	15 Excel 7v7 AIC Abdo Field 4pm Strength and Conditioning 9:25-11:30	16 Manchester 7v7 5pm Field 2 vs Ellington	17 OSP Strength and Conditioning 9:25-11:30	18 Strength and Conditioning 9:25-11:30	19
20	21 Manchester 7v7 5pm Field 1 vs Crec 7pm Field 1 vs Manchester B Strength and Conditioning 9:25-11:30	22 Excel 7v7 AIC Abdo Field 4pm Strength and Conditioning 9:25-11:30	23 Manchester 7v7 7pm Field 1 vs Rockville	24 OSP Strength and Conditioning 9:25-11:30	25 Strength and Conditioning 9:25-11:30	26
27	28 Manchester 7v7 7pm Field 1 vs Manchester A Strength and Conditioning 9:25-11:30	29 Excel 7v7 AIC Abdo Field 4pm Strength and Conditioning 9:25-11:30	30	31 OSP Strength and Conditioning 9:25-11:30		

Simsbury Football 2025

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Manchester 7v7 Playoffs TBD	5	6 Manchester 7v7 Playoffs TBD Strength and Conditioning 9:25-11:30	7 OSP Strength and Conditioning 9:25-11:30	8 Equipment (Seniors) 12-1:30pm High school	9
10	11 Equipment (Juniors) 12-1:30 High school Strength and Conditioning 9:25-11:30	12 Equipment (Sophomores +Freshman) 12-1:30 high school Strength and Conditioning 9:25-11:30	13 Equipment (Make Up) 12-1:30 High school	14 (START OF SEASON) 5pm arrival 6-8 practice First Day Of Practice Strength and Conditioning 9:25-11:30	15 Day 2 6-8pm practice 5:30 arrival	16 Day 3 9-11am practice 8:30 arrival
17	18 Day 4 6-8pm 5:30 arrival Strength and Conditioning 9:25-11:30	19 Day 5 6-8pm 5:30 arrival Strength and Conditioning 9:25-11:30	20 Day 6 6-8pm 5:30 arrival	21 Day 7 6-8pm 5:30 arrival Strength and Conditioning 9:25-11:30	22 Day 8 6-8pm 5:30 arrival	23 (First Contact Practice) Day 9 Practice time TBD
24	25	26 Quad-Joint Practice 6pm Home Teams; Tantasqua	27	28	29 Scrimmage Jamboree at Central 6:00pm Teams; Central, Putnam, Central Providence (RI)	30
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