

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day	2 New Year's Day Holiday	3 Lifting @ 5	4	5 Lifting @ 5	6	7
8	9 Lifting @ 5	10 Lifting @ 5	11	12 Lifting @ 5 Open Gym 9p	13	14 7-on-7
15	16 NO SCHOOL M L King Day	17 Lifting @ 5	18	19 Lifting @ 5	20	21
22	23 Lifting @ 5	24 Lifting @ 5	25 JRR COACHES CLINIC 6p	26 Lifting @ 5	27	28 7-on-7
29	30 Lifting @ 5	31 Lifting @ 5				

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Lifting @ 5 NYS Coaching Clinic	3 NYS Coaching Clinic	4
5	6 Lifting @ 5	7 Lifting @ 5	8	9 Lifting @ 5	10	11 7-on-7
12	13 Lifting @ 5	14 Lifting @ 5 Valentine's Day	15 JRR COACHES CLINIC 6p	16 Lifting @ 5	17	18 7-on-7
19	20 President's Day	21	22	23	24	25 7-on-7
26	27 Lifting @ 5	28 Lifting @ 5				

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Lifting @ 5	3	4 BALLSTON SPA LIFT-OFF 7:30a 7-on-7
5	6 Lifting @ 5	7 Lifting @ 5	8 MARCH SKILLS CLINIC	9 Lifting @ 5	10	11 7-on-7 (Playoffs)
12 NFF SCHOLAR ATHLETE LUNCH <u>COACH A. IS BEING HONORED</u>	13 Lifting @ 5	14 Lifting @ 5	15 MARCH SKILLS CLINIC	16 Lifting @ 5	17	18
19	20 Lifting @ 5	21 Lifting @ 5	22 MARCH SKILLS CLINIC	23 Lifting @ 5	24	25
26	27 Lifting @ 5	28 Lifting @ 5	29 (RAIN-DATE) MARCH SKILLS CLINIC (only if needed) JRR COACHES CLINIC 6p	30 Lifting @ 5	31	

April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Lifting @ 5	4 Lifting @ 5	5	6 Lifting @ 5	7 NO SCHOOL Good Friday	8
9 Easter	10 NO SCHOOL	11 NO SCHOOL	12 NO SCHOOL	13 NO SCHOOL	14 NO SCHOOL	15
16	17 Lifting @ 5	18 Lifting @ 5	19	20 Lifting @ 5	21	22
23	24 Lifting @ 5	25 Lifting @ 5	26 JRR COACHES CLINIC 6p	27 Lifting @ 5	28	29
30						

May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Lifting @ 5	2 Lifting @ 5	3	4 Lifting @ 5	5	6
7	8 Lifting @ 5	9 Lifting @ 5	10	11 Lifting @ 5	12	13
14 Mother's Day	15 Lifting @ 5	16 Lifting @ 5	17	18 Lifting @ 5	19	20
21 Section 2 Combine	22 Lifting @ 5	23 Lifting @ 5	24	25 Lifting @ 5	26 SCHOOL DAY	27
28	29 NO SCHOOL Memorial Day	30 Lifting @ 5	31 JRR COACHES CLINIC 6p			

June 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Lifting @ 5	2	3 Lineman Challenge 5:45pm @ Shaker
4	5 B&B Lifting @ 5	6 B&B Lifting @ 5	7 B&B	8 B&B Lifting @ 5	9 B&B	10
11	12	13	14	15	16	17
18 Father's Day	19	20	21	22	23	24
25	26	27 Linemen Camp 5:30-7:00pm	28 Linemen Camp 5:30-7:00pm JRR COACHES CLINIC 6p	29 Linemen Camp 5:30-7:00pm	30	

July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 X
2 X	3 X	4 X Independence Day	5 X	6	7	8
9	10	11 TG - 9:30 - 11:00 (WR)	12 TG - 9:30 - 11:00 (WR) JL	13 TG - 9:30 - 11:00 (WR)	14	15
16	17	18 QB Camp 5:30-8:00pm	19 JL QB Camp 5:30-8:00pm	20 QB Camp 5:30-8:00pm	21	22
23	24	25	26 JL JRR COACHES CLINIC 6p	27 Varsity Equipment	28 JV Equipment Frosh Equipment	29 FINAL HS Equip Handout
30	31 K-12 Team Camp 5:00-8:00PM Mod Equip.					

August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	K-12 Team Camp 5:00-8:00PM	1 K-12 Team Camp 5:00-8:00PM TG - 9:30 - 11:00 (WR)	2 K-12 Team Camp 5:00-8:00PM TG - 9:30 - 11:00 (WR) JL	3 K-12 Team Camp 5:00-8:00PM TG - 9:30 - 11:00 (WR)	4 HS Team picnic at W. Albany Pocket Park 5:00-8:00PM	5
6	7	8	9 JL	10	11	12
13	14	15	16 JL	17	18	19 PRACTICE BEGINS 6-9:00PM
20	21 DOUBLES BEGIN 3:00-8:30pm	22 DOUBLES 3:00-8:30pm	23 DOUBLES 3:00-8:30pm	24 DOUBLES 3:00-8:30pm	25 DOUBLES 3:00-8:30pm	26 DOUBLES 8:00-12:30pm
27	28 DOUBLES 3:00-8:30pm	29 DOUBLES Meet the Coaches @ 6:00pm Practice will be 1:30-5:30pm	30 DOUBLES 3:00-8:30pm	31 DOUBLES Varsity (3-8:30), JV (1-5) and Frosh Team picture Day		

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 DOUBLES JV Practice 3:00-6:30pm Team Pizza party	2 Week 0 vs. Cornwall (Var.) 12:30pm RPI JV Scrimmage 10:00am @ Bethlehem
3	4 PRACTICE 5:30-8:00pm Labor Day	5 Practice 2:30-5:30pm	6 Practice 2:30-5:30pm	7 Practice 2:30-5:30pm	8 Varsity game @ Mohonasen 7pm and JV practice	9 Varsity practice and JV game
10	11 Practice 2:30-5:30pm	12 Practice 2:30-5:30pm	13 Practice 2:30-5:30pm	14 Varsity game vs G-Land 7pm	15 JV game @ Guilderland and varsity practice	16 Varsity practice
17	18 Practice 2:30-5:30pm	19 Practice 2:30-5:30pm	20 Practice 2:30-5:30pm	21 Practice 2:30-5:30pm	22 Varsity game @ Shaker 7pm and JV practice	23 Varsity practice and JV game
24	25 No SCHOOL Practice 8:00-11:00am	26 Practice 2:30-5:30pm	27 Practice 2:30-5:30pm	28 Practice 2:30-5:30pm	29 Varsity game vs. CBA 7pm and JV practice	30 Varsity practice and JV game

October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Practice 2:30-5:30pm	3 Practice 2:30-5:30pm	4 Practice 2:30-5:30pm	5 Practice 2:30-5:30pm	6 Varsity game vs. B. Spa 7pm (HC) and JV practice	7 Varsity practice and JV game
8	9 No SCHOOL Practice 8:00-11:00am Columbus Day	10 Practice 2:30-5:30pm	11 Practice 2:30-5:30pm	12 Practice 2:30-5:30pm	13 Varsity game @ Schenectady 6pm and JV practice	14 Varsity practice and JV game
15	16 Practice 2:30-5:30pm	17 Practice 2:30-5:30pm	18 Practice 2:30-5:30pm	19 Practice 2:30-5:30pm	20 Varsity game @ Shenendehowa 7pm and JV practice	21 Varsity practice and JV game
22	23 Practice 2:30-5:30pm	24 Practice 2:30-5:30pm	25 Practice 2:30-5:30pm	26 Practice 2:30-5:30pm	27 Varsity game vs. Saratoga 7pm and JV practice	28 Varsity practice and JV game
29	30 Practice 2:30-5:30pm	31 Practice 2:30-5:30pm Halloween				

November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Practice 2:30-5:30pm	2 Practice 2:30-5:30pm	3 Varsity game (playoffs) and JV practice	4 JV game TBD
5	6	7	8	9	10 No SCHOOL	11 Veterans Day
12	13	14	15	16	17	18
19	20	21	22	23 Thanksgiving Day	24	25
26	27	28	29	30		

December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 Christmas	26	27	28	29	30
31						