

VIKINGS 2025





MHB VIKINGS

June 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Football Mini Camp Junior- Senior 6:30-8:00pm	3 Football Mini Camp Junior- Senior 6:30-8:00pm	4 Football Mini Camp Incoming Freshman - Sophomore 5-630pm	5 Football Mini Camp Incoming Freshman - Sophomore 5-630pm	6 Football Mini Camp Incoming Freshman - Seniors 5-630pm	7
8 Summer 7 on 7 6pm Varsity @ Sun Prairie East	9	10	11 Last Day of School	12	13 <i>Frolic HS coaches volunteer night 7-10p</i>	14
15 Frolic Parade 11am arrival Summer 7 on 7 6pm Varsity @ Middleton	16 Summer Lifting Starts 6-8 AM	17 Summer Lift 6-8 AM	18 Summer Lift 6-8 AM Summer 7 on 7 7pm Varsity/JV @ Waunakee	19 Summer Lift 6-8 AM	20 Summer Lift 6-8 AM	21
22 Cancelled due to heat Summer 7 on 7 6pm Varsity @ Middleton	23 Summer Lift 6-8 AM	24 Summer Lift 6-8 AM	25 Summer Lift 6-8 AM	26 Summer Lift 6-8 AM	27 Summer Lift 6-8 AM	28
29 Summer 7 on 7 6pm Varsity @ Middleton	30 Summer Lift 6-8 AM	Summer Installs: 8:15-9:15 AM - Mon/Wed/Fri				



MHB VIKINGS

July 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Summer Lift 6-8 AM	2 Summer Lift 6-8 AM	3 Summer Lift 6-8 AM	4 4th of July OFF 	5
6	7 Summer Lift 6-8 AM	8 Summer Lift 6-8 AM	9 Summer Lift 6-8 AM	10 Summer Lift 6-8 AM	11 Summer Lift 6-8 AM OSA Camp 1pm - 5pm	12 OSA Camp 8am - 12pm
13 Summer 7 on 7 6pm Varsity @ Sun Prairie East	14 Summer Lift 6-8 AM	15 Summer Lift 6-8 AM	16 Summer Lift 6-8 AM Summer 7 on 7 7pm Varsity/JV @ Mt Horeb	17 Summer Lift 6-8 AM	18 Summer Lift 6-8 AM Moms Camp 4:30 - 6:00 PM	19
20	21 Gridiron Camp 4-6 PM Summer Lift 6-8 AM	22 Gridiron Camp 4-6 PM Summer Lift 6-8 AM	23 Gridiron Camp 6-8 PM(due to heat) Summer Lift 6-8 AM	24 Gridiron Camp 4-6 PM Summer Lift 6-8 AM	25 Gridiron Camp 4-6 PM Summer Lift 6-8 AM	26
27	28 Summer Lift 6-8 AM	29 Summer Lift 6-8 AM	30 Summer Lift 6-8 AM	31 Summer Lift 6-8 AM	Summer Installs: 8:15-9:15 AM - Mon/Wed/Fri No Installs July 3 - July 7th, July 28th - August 1st	



MHB VIKINGS

August 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Summer Lift 6-8 AM	2
3 MHB FOOTBALL PARENT MEETING 6 PM	4	5 Lift 7AM Film 8AM <u>Equipment Handout:</u> Sr/Jr/So/Fr : 9 AM First Day of Practice 4:30-6:00 PM 6:00-6:30 PM Break 6:30-8:00 PM	6 Practice 4:30-6:00 PM 6:00-6:30 PM Break 6:30-8:00 PM	7 Lift 7 AM Practice 4:30-6:00 PM 6:00-6:30 PM Break 6:30-8:00 PM	8 Overnight Camp Check In @ 12 PM <u>Pictures 3 PM</u> Practice 4:30-6:00 PM 6:00-6:30 PM Break 6:30-8:00 PM	9 Red/White Scrimmage & BBQ Bash 7 PM
10	11 Lift 6-7 AM Practice 4:30-6:00 PM 6:00-6:30 PM Break 6:30-8:00 PM	12 Practice 4:30-6:00 PM 6:00-6:30 PM Break 6:30-8:00 PM	13 Lift 6-7 AM Practice 4:30-6:30 PM	14 Practice 4:30-6:00 PM	15 Scrimmage @ Madison Memorial 6 PM	16
17 Open Gym/Film 5:30 PM	18 Lift 6-7 AM Practice 4:30-6:30 PM	19 Practice 4:30-6:30	20 Lift 6-7 AM Practice 4:30-6:30 PM	21 Pre Game 4:30-5:45 PM Fr/JV Game vs Grafton 5 PM & 7 PM	22 Varsity Breakfast 8am Game @ Grafton 7 PM	23
24 Open Gym/Film 5:30 PM	25 Lift 6-7 AM Practice 4:30-6:30 PM	26 Practice 4:30-6:30	27 Lift 6-7 AM Practice 4:30-6:30 PM	28 Pre Game 4:30-5:45 PM Fr/JV Game @ Monroe 5 PM & 7 PM	29 Varsity Breakfast 8am Game vs Monroe 7 PM (Youth Night)	30
31 Open Gym/Film 5:30 PM						



MHB VIKINGS

September 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 labor day Lift 6-7 AM Practice 4:00-6:00 PM	2 Practice 4:00-6:00	3 Lift 6-7 AM Practice 4:00-6:00 PM	4 Pre Game 4:30-5:45 PM Fr/JV Game vs Beaver Dam 5 & 7 PM	5 Varsity Breakfast 7AM Game @ Beaver Dam 7 PM	6
7 Open Gym/Film 5:30 PM	8 Lift 6-7 AM Practice 4:00-6:00 PM	9 Practice 4:00-6:00	10 Lift 6-7 AM Practice 4:00-6:00 PM	11 Pre Game 4:30-5:45 PM Fr/JV Game @ Watertown 5 & 7 PM	12 Varsity Breakfast 7am Game vs Watertown 7 PM (Salute to Service Night)	13
14 Open Gym/Film 5:30 PM	15 Lift 6-7 AM Practice 4:00-6:00 PM	16 Practice 4:00-6:00	17 Lift 6-7 AM Practice 4:00-6:00 PM	18 Pre Game 4:30-5:45 PM	19 Varsity Breakfast 7 AM Game @ Stoton 7 PM	20
21 Open Gym/Film 5:30 PM	22 Lift 6-7 AM Practice 4:00-6:00 PM Fr/JV Game vs Stoton 5 & 7 PM	23 Practice 4:00-6:00	24 Lift 6-7 AM Practice 4:00-6:00 PM	25 Pre Game 4:30-5:45 PM	26 Varsity Breakfast 7 AM Game vs Sauk Prairie 7 PM (Homecoming)	27
28 Open Gym/Film 5:30 PM	29 Lift 6-7 AM Practice 4:00-6:00 PM Fr/JV Game @ Sauk Prairie 5 & 7 PM	30 Practice 4:00-6:00				



MHB VIKINGS

October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Lift 6-7 AM Practice 4:00-6:00 PM	2 Pre Game 4:30-5:45 PM	3 Varsity Breakfast 7 AM Game @ Lakeside Lutheran 7 PM	4
5 Open Gym/Film 5:30 PM	6 Lift 6-7 AM Practice 4:00-6:00 PM Fr/JV Game vs Lakeside Lutheran 5 & 7 PM	7 Practice 4:00-6:00	8 Lift 6-7 AM Practice 4:00-6:00 PM	9 Pre Game 4:30-5:45 PM	10 Varsity Breakfast 7 AM Game vs Edgewood 7 PM (Senior Night)	11
12 Open Gym/Film 5:30 PM	13 Lift 6-7 AM Practice 4:00-6:00 PM Fr/JV Game @ Edgewood 5 or 7 PM	14 Practice 4:00-6:00	15 Lift 6-7 AM Practice 4:00-6:00 PM	16 Pre Game 4:30-5:45 PM	17 Varsity Breakfast 7 AM Game @ Portage 7 PM	18
19 Open Gym/Film 5:30 PM	20 Lift 6-7 AM Practice 4:00-6:00 PM Fr/JV Game vs Portage 5 & 7 PM	21 Practice 4:00-6:00	22 Lift 6-7 AM Practice 4:00-6:00 PM	23 Pre Game 4:30-5:45 PM	24 PLAYOFFS LEVEL 1 7 PM	25
26 Open Gym/Film 5:30 PM	27 Lift 6-7 AM Practice 4:00-6:00 PM	28 Practice 4:00-6:00	29 Lift 6-7 AM Practice 4:00-6:00 PM	30 Pre Game 4:30-5:45 PM	31 PLAYOFFS LEVEL 2 7 PM	



MHB VIKINGS

November 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Open Gym/Film 5:30 PM	3 Lift 6-7 AM Practice 4:00-6:00 PM	4 Practice 4:00-6:00	5 Lift 6-7 AM Practice 4:00-6:00 PM	6 Pre Game 4:30-5:45 PM	7 PLAYOFFS LEVEL 3 7 PM	8
9 Open Gym/Film 5:30 PM	10 Lift 6-7 AM Practice 4:00-6:00 PM	11 Practice 4:00-6:00	12 Lift 6-7 AM Practice 4:00-6:00 PM	13 Pre Game 4:30-5:45 PM	14 PLAYOFFS LEVEL 4 7 PM	15
16 Open Gym/Film 5:30 PM	17 Lift 6-7 AM Practice 4:00-6:00 PM	18 Practice 4:00-6:00	19 Lift 6-7 AM Practice 4:00-6:00 PM	20 Pre Game 4:30-5:45 PM	21 STATE CHAMPIONSHIP 10 AM	22
23 Banquet HS Commons 5-7pm	24	25	26	27	28	29
30						