

May 2023

April '23							June '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1					1	2	3
2	3	4	5	6	7	8	4	5	6	7	8	9	10
9	10	11	12	13	14	15	11	12	13	14	15	16	17
16	17	18	19	20	21	22	18	19	20	21	22	23	24
23	24	25	26	27	28	29	25	26	27	28	29	30	
30													

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17 Mandatory 9-12th Team Meeting 3:00pm - Location TBD	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	Notes				

June 2023

May '23							July '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6							1
7	8	9	10	11	12	13	2	3	4	5	6	7	8
14	15	16	17	18	19	20	9	10	11	12	13	14	15
21	22	23	24	25	26	27	16	17	18	19	20	21	22
28	29	30	31				23	24	25	26	27	28	29
							30	31					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2 Equipment Hand Out	3
4	5 Start of Quarter 3 Summer Lifting 11+12th = 7-8:30am 9+10th = 8-9:30am	6 Summer Lifting 11+12th = 7-8:30am 9+10th = 8-9:30am	7 Summer Lifting 11+12th = 7-8:30am 9+10th = 8-9:30am	8 Summer Lifting 11+12th = 7-8:30am 9+10th = 8-9:30am	9	10
11 Sauk Rapids 7 on 7 6pm Car Pool leaves RHS 5pm	12 Summer Lifting 11+12th = 7-8:30am 9+10th = 8-9:30am	13 Summer Lifting 11+12th = 7-8:30am 9+10th = 8-9:30am	14 Summer Lifting 11+12th = 7-8:30am 9+10th = 8-9:30am	15 Summer Lifting 11+12th = 7-8:30am 9+10th = 8-9:30am	16	17
18	19 OTA #1 Lifting 9-12th = 7-8:20am Practice 9-12th: 8:45-11:00am	20 OTA #2 Lifting 9-12th = 7-8:20am Practice 9-12th: 8:45-11:00am	21 OTA #3 Lifting 9-12th = 7-8:20am Practice 9-12th: 8:45-11:00am	22 OTA #4 Lifting 9-12th = 7-8:20am Practice 9-12th: 8:45-11:00am	23 OTA #5 Practice 9-12th: 8am - 10:15am	24
25 Sauk Rapids 7 on 7 6pm Car Pool leaves RHS 5pm	26 Summer Lifting 11+12th = 7-8:30am 9+10th = 8-9:30am CMFA Defensive FB Camp 10am-1pm	27 Summer Lifting 11+12th = 7-8:30am 9+10th = 8-9:30am CMFA Defensive FB Camp 10am-1pm	28 Summer Lifting 11+12th = 7-8:30am 9+10th = 8-9:30am CMFA Defensive FB Camp 10am-1pm	29 Summer Lifting 11+12th = 7-8:30am 9+10th = 8-9:30am Shared Practice: 9am With EVW	30	1
2	3	Notes				

July 2023

June '23							August '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3			1	2	3	4	5
4	5	6	7	8	9	10	6	7	8	9	10	11	12
11	12	13	14	15	16	17	13	14	15	16	17	18	19
18	19	20	21	22	23	24	20	21	22	23	24	25	26
25	26	27	28	29	30		27	28	29	30	31		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3 DEAD WEEK	4 DEAD WEEK	5 DEAD WEEK	6 DEAD WEEK	7 DEAD WEEK	8
9 Sauk Rapids 7 on 7 6pm Car Pool leaves RHS 5pm	10 Summer Lifting 11+12th = 7-8:30am 9+10th = 8-9:30am	11 Summer Lifting 11+12th = 7-8:30am 9+10th = 8-9:30am	12 Summer Lifting 11+12th = 7-8:30am 9+10th = 8-9:30am	13 Summer Lifting 11+12th = 7-8:30am 9+10th = 8-9:30am	14	15
	QB/WR Camp: 10-11AM	QB/WR Camp: 10-11AM	QB/WR Camp: 10-11AM			
16	17 OTA #6 Lifting 9-12th = 7-8:20am Practice 9-12th: 8:45-11:00am	18 OTA #7 Lifting 9-12th = 7-8:20am Practice 9-12th: 8:45-11:00am	19 OTA #8 Lifting 9-12th = 7-8:20am Practice 9-12th: 8:45-11:00am	20 OTA #9 Lifting 9-12th = 7-8:20am Practice 9-12th: 8:45-11:00am	21 9th Grade National Signing Day Time TBD	22 OTA #10 Scrimmage vs. CDH 10am at SJU
23 Sauk Rapids 7 on 7 6pm Car Pool leaves RHS 5pm	24 Summer Lifting 11+12th = 7-8:30am 9+10th = 8-9:30am	25 Summer Lifting 11+12th = 7-8:30am 9+10th = 8-9:30am	26 Summer Lifting 11+12th = 7-8:30am 9+10th = 8-9:30am	27 Spartan Challenge 9am	28	29
30	31	Notes				

August 2023

July '23							September '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1						1	2
2	3	4	5	6	7	8	3	4	5	6	7	8	9
9	10	11	12	13	14	15	10	11	12	13	14	15	16
16	17	18	19	20	21	22	17	18	19	20	21	22	23
23	24	25	26	27	28	29	24	25	26	27	28	29	30
30	31												

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 DEAD WEEK ELEM FB CAMP (9:30-11AM) Varsity Volunteers Needed M.S FB CAMP (12:30-2PM)	1 DEAD WEEK ELEM FB CAMP (9:30-11AM) Varsity Volunteers Needed M.S FB CAMP (12:30-2PM)	2 DEAD WEEK ELEM FB CAMP (9:30-11AM) Varsity Volunteers Needed M.S FB CAMP (12:30-2PM)	3 DEAD WEEK	4 DEAD WEEK	5
6	7 DEAD WEEK	8 DEAD WEEK	9 DEAD WEEK	10 DEAD WEEK	11 DEAD WEEK	12
13	14 Practice #1 Helmets 9-12th Practice 8am Team Meeting 9:30am-Noon Practice FALL FB PARENTS MEETING 6pm	15 Practice #2 Helmets 9-12th Practice 8am Team Meeting 9:30am-Noon Practice	16 Practice #3 Shells 9-12th Practice 8am Team Meeting 9:30am-Noon Practice	17 Practice #4 Shells 9-12th Practice 8am Team Meeting 9:30am-Noon Practice MEDIA NIGHT 5PM	18 Practice #5 Full Pads 9-12th Practice 8am Team Meeting 9:30am-Noon Practice MOM'S NIGHT 6PM Side Bar	19
20	21 Practice #6 Full Pads 9-12th Practice 8am Team Meeting 9:30am-Noon Practice	22 Practice #7 Full Pads 9-12th Practice 8am Team Meeting 9:30am-Noon Practice	23 Practice #8 Full Pads 9-12th Practice 8am Team Meeting 9:30am-Noon Practice	24 Practice #9 Full Pads 9-12th Practice 8am Team Meeting 9:30am-Noon Practice	25 Practice #10 Full Pads 9-12th Practice 8am Team Meeting 9:30am-Noon Practice DAD'S NIGHT 6PM Side Bar	26 SCRIMMAGE 10am vs. ????
27	28 <i>Beat the ???</i> Full Pads 9-12th Practice 2:00pm-6:00pm	29 Full Pads 9-12th Practice 2:00pm-6:00pm	30 Full Pads 9-12th Practice 2:00pm-6:00pm	31 Shells 9-12th Practice 2:00pm-5:00pm 6pm = 10-12th Team Meal	1	2
3	4	Notes				

September 2023

August '23							October '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5	1	2	3	4	5	6	7
6	7	8	9	10	11	12	8	9	10	11	12	13	14
13	14	15	16	17	18	19	15	16	17	18	19	20	21
20	21	22	23	24	25	26	22	23	24	25	26	27	28
27	28	29	30	31			29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	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	26	27	28	29	30
1	2	Notes				

October 2023

September '23							November '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1 2				1 2 3 4			
3	4	5	6	7	8	9	5	6	7	8	9	10	11
10	11	12	13	14	15	16	12	13	14	15	16	17	18
17	18	19	20	21	22	23	19	20	21	22	23	24	25
24	25	26	27	28	29	30	26	27	28	29	30		

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	26	27	28
29	30	31	1	2	3	4
5	6	Notes				

November 2023

October '23							December '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7						1	2
8	9	10	11	12	13	14	3	4	5	6	7	8	9
15	16	17	18	19	20	21	10	11	12	13	14	15	16
22	23	24	25	26	27	28	17	18	19	20	21	22	23
29	30	31					24	25	26	27	28	29	30
							31						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	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
26	27	28	29	30	1	2
3	4	Notes				

December 2023

November '23							January '24						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4		1	2	3	4	5	6
5	6	7	8	9	10	11	7	8	9	10	11	12	13
12	13	14	15	16	17	18	14	15	16	17	18	19	20
19	20	21	22	23	24	25	21	22	23	24	25	26	27
26	27	28	29	30			28	29	30	31			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	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	26	27	28	29	30
31	1	Notes				

January 2024

December '23							February '24						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2					1	2	3
3	4	5	6	7	8	9	4	5	6	7	8	9	10
10	11	12	13	14	15	16	11	12	13	14	15	16	17
17	18	19	20	21	22	23	18	19	20	21	22	23	24
24	25	26	27	28	29	30	25	26	27	28	29		
31													

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	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	26	27
28	29	30	31	1	2	3
4	5	Notes				

February 2024

January '24							March '24						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6						1	2
7	8	9	10	11	12	13	3	4	5	6	7	8	9
14	15	16	17	18	19	20	10	11	12	13	14	15	16
21	22	23	24	25	26	27	17	18	19	20	21	22	23
28	29	30	31				24	25	26	27	28	29	30
							31						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	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	26	27	28	29	1	2
3	4	Notes				

March 2024

February '24							April '24						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3		1	2	3	4	5	6
4	5	6	7	8	9	10	7	8	9	10	11	12	13
11	12	13	14	15	16	17	14	15	16	17	18	19	20
18	19	20	21	22	23	24	21	22	23	24	25	26	27
25	26	27	28	29			28	29	30				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	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	26	27	28	29	30
31	1	Notes				

April 2024

March '24							May '24						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2				1	2	3	4
3	4	5	6	7	8	9	5	6	7	8	9	10	11
10	11	12	13	14	15	16	12	13	14	15	16	17	18
17	18	19	20	21	22	23	19	20	21	22	23	24	25
24	25	26	27	28	29	30	26	27	28	29	30	31	
31													

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	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	26	27
28	29	30	1	2	3	4
5	6	Notes				



CALENDAR TEMPLATES by Vertex42.com

<https://www.vertex42.com/calendars/>

About This Template

Create and print a 12-month calendar for your family, business, or school using this template provided by Vertex42.com. Enter the year and start month, then choose to begin each week on Sunday or Monday. Small previous and next month calendars at the top of the page provide a useful reference. Share and edit collaboratively or print a calendar for your wall, desk, fridge, or planner. Works for 2018, 2019, 2010, and beyond

More Calendar Templates

Visit Vertex42.com to download a variety of different calendar templates.

[More Calendar Templates](#)

About Vertex42

Vertex42.com provides over 300 professionally designed spreadsheet templates for business, home, and education - most of which are free to download. Their collection includes a variety of calendars, planners, and schedules as well as personal finance spreadsheets for budgeting, debt reduction, and loan amortization.

Businesses will find invoices, time sheets, inventory trackers, financial statements, and project planning templates. Teachers and students will find resources such as class schedules, grade books, and attendance sheets. Organize your family life with meal planners, checklists, and exercise logs. Each template is thoroughly researched, refined, and improved over time through feedback from thousands of users.