

SUMMER SCHEDULE 2023		<i>*Monday - Thursday Ranger Power - 7-10 AM at FLHS (FRIDAYS OFF)*</i>		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Week of June 5th	Senior Equipment Check Out - 2:45 PM	Junior Equipment Check Out - 2:45 PM	Sophomore Equipment Check Out - 2:45 PM	Team Meeting - 2:45 PM / Freshman Equipment Check Out 3:15 PM / Work Graduation 5 PM
Week of June 12th		Summer Practice #1 - 2:30 - 5:30 PM at FLHS		Summer Practice #2 - 2:30 - 5:30 PM at FLHS
Week of June 19th	7 on 7 - 6 PM at Andover	Summer Practice #3 - 2:30 - 5:30 PM at FLHS	7 on 7 - 10 AM at Centennial	Summer Practice #4 (Joint w/ Andover) - 11 AM - 1 PM at FLHS
Week of June 26th	7 on 7 - 6 PM at Andover		7 on 7 - 10 AM at Centennial	
Week of July 3rd	Dead Period	Dead Period	Dead Period	Dead Period
Week of July 10th	7 on 7 - 6 PM at Andover	Summer Practice #5 - 2:30 - 5:30 PM at FLHS	7 on 7 - 10 AM at Centennial	Summer Practice #6 - 2:30 - 5:30 PM at FLHS
Week of July 17th	7 on 7 - 6 PM at Andover	Summer Practice #7 - 2:30 - 5:30 PM at FLHS	7 on 7 - 10 AM at Centennial	Summer Practice #8 (Joint w/ TBD) - 11 AM - 1 PM at FLHS
Week of July 24th	<i>BSU CAMP (Summer Practice #9)</i>	<i>BSU CAMP (Summer Practice #10)</i>	<i>BSU Camp (Summer Practice #11)</i>	OFF
Week of July 31st	Youth Camp (Sunday-Tuesday) - 5 PM at FLHS	Youth Camp (Sunday-Tuesday) - 5 PM at FLHS		
Week of August 7th	Off Week	Friday Golf Tournament Fundraiser at Tanners Brook GC		
Week of August 14th	Fall Camp Week 1 at FLHS			
Week of August 21st	Fall Camp Week 2 at FLHS	Friday 9th grade scrimmage at Shakopee	Saturday 10-12th Scrimmage at Shakopee	
Week of August 28th	Thursday Game 1 at Prior Lake			
Ranger Power	Group 1 (10th-12th)	Group 2 (10th-12th)	Group 3 (9th)	
Starts June 12th	7 AM - Warm up on field	8 AM - Warm up on field	9 AM Warm up on field	
Ends August 3rd	7:10 AM - Bigs in weight room, skill on field	8:10 AM - Bigs in weight room, skill on field	9:10 - Speed/Agility on field	
Dead Period July 3rd	7:35 - Send skill in to weight room	8:35 - Send skill in to weight room	9:30 - Weight room	
	7:45 - Send bigs to field	8:45 - Send bigs to field	10:00 Done	
	8:15 AM - Done	9:15 AM - Done		
DAILY FALL CAMP SCHEDULE 2023				
Monday - Friday (August 14th - 25th)	*All practices at FLHS unless otherwise noted*	Friday Week 2 - August 25th	Saturday Week 2 - August 26th	
7:00 - 7:45 AM	Team Meeting / daily goals / O&D install	9th Grade Scrimmage at Shakopee @ 6 pm	4 Team Scrimmage at Shakopee @ 10 am	
8:00 - 10:00 AM	Practice 1		Varsity/JV/10th	
10:00 - 11:15 AM	Off/Lunch			
11:15 - 11:45 AM	Team meeting / special teams			
12:00 - 2:00 PM	Practice 2 or Team Lift / Walk Thru			

