


# JANUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 WINTER BREAK OFF	2 OFF	3 OFF	4 OFF	5 OFF	6
7	8 OFF – SENIOR RECRUITING MEETING (MONT OFFICE 165)	9 BOOSTER MEETING OFF – RETURN RECRUITING MEETING (Coach Hill Room)	10 MAX OUT WEEK Bench/Clean/Pull Up 2-4pm	11 MAX OUT WEEK Deadlift/Squat/Snatch 2-4pm	12 MAX OUT WEEK Make up 2-3pm	13
14	15 MLK DAY - OFF	16 Off-Season Workouts 2-3:50pm (Speed)	17 Off-Season Workouts 2-3:50pm (On Field)	18 REPORT CARDS Off-Season Workouts 2-3:50pm (COD)	19 OFF	20
21	22 Off-Season Workouts 2-3:50pm (Power)	23 Off-season Workouts 2-3:50pm (Speed)	24 Off-Season Workouts 2-3:50pm (On Field)	25 Off-Season Workouts 2-3:50pm (COD)	26 OFF	27
28	29 Off-Season Workouts 2-3:50pm (Power)	30 Off-Season Workouts 2-3:50pm (Speed)	31 Off-Season Workouts 2-3:50pm (On Field)	FEB 1 Off-Season Workouts 2-3:50pm (COD)	FEB 2 OFF	
<div> <div>NOTES:</div> <div> * I will work with other coaches in other sports on workouts * Absences - Must Communicate with Coach Montgomery * Can Keep Cleats in Locker room * Times Workouts Subject to change *SHORTS/CLEATS/SHOES/WORKOUT SHIRT/SHORTS </div> </div>						

# OSCEOLA

# FEBRUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Jan 29 Off-Season Workouts 2-3:50pm (Power)	Jan 30 Off-Season Workouts 2-3:50pm (Speed)	Jan 31 Off-Season Workouts 2-3:50pm (On Field)	1 Off-Season Workouts 2-3:50pm (COD)	2 <b>OFF</b>	3
4	5 Off-Season Workouts 2-3:50pm (Power)	<b>BOOSTER MEETING</b> 6 Off-Season Workouts 2-3:50pm (Speed)	7 Off-Season Workouts 2-3:50pm (On Field)	8 Off-Season Workouts 2-3:50pm (COD)	9 <b>7on7 2-3pm</b>	10 <b>ACT</b>
11	12 Off-Season Workouts 2-3:50pm (Power)	13 Off-Season Workouts 2-3:50pm (Speed)	14 Off-Season Workouts 2-3:50pm (On Field)	15 Off-Season Workouts 2-3:50pm (COD)	16 <b>OFF No School</b>	17 <b>Small College Recruiting Fair @Armwood</b>
18 <b>Seniors Small College Recruiting Fair @ Armwood</b>	19 <b>OFF No School</b>	20 Off-Season Workouts 2-3:50pm (Speed)	21 Off-Season Workouts 2-3:50pm (On Field)	22 Off-Season Workouts 2-3:50pm (COD)	23 <b>7on7 2-3pm</b>	24
25	26 Off-Season Workouts 2-3:50pm (Power)	27 Off-Season Workouts 2-3:50pm (Speed)	28 Off-Season Workouts 2-3:50pm (On Field)	<b>CURRICULUM NIGHT</b> 29 <b>Coaches Clinic Workout TBD</b>	Mar 1 	
<b>NOTES:</b>	<b>* Dates and Times are subject to change</b>	<b>* Absences - Must Communicate with Coach Montgomery</b>	<b>* Any 7v7 days bring cleats or store in gym locker</b>	<b>*We will have 7v7 starting vs other teams this month</b>	<b>*SHORTS/CLEATS/ SHOES/WORKOUT SHIRT/SHORTS</b>	

# OSCEOLA

# MARCH 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	FEB 26 Off-Season Workouts 2-3:50pm (Power)	FEB 27 Off-Season Workouts 2-3:50pm (Speed)	<div>IN SCHOOL SAT (11)</div> FEB 28 Off-Season Workouts 2-3:50pm (On Field)	<div>CURRICULUM</div> FEB 29 Workouts TBD	1 OFF Coaches @ Coaching Clinic in Orlando	2
3	4 Off-Season Workouts 2-3:50pm (Power)	<div>BOOSTER MEETING</div> 5 Off-Season Workouts 2-3:50pm (Speed)	6 Off-Season Workouts 2-3:50pm (On Field)	7 Off-Season Workouts 2-3:50pm (COD)	<div>END OF QUARTER 3</div> 8 7on7 2-3pm	9 SAT
10	11 SPRING BREAK OFF	12 OFF	13 OFF	14 OFF	15 OFF	16
17	18 Off-Season Workouts 2-3:50pm (Power)	19 Off-Season Workouts 2-3:50pm (Speed)	20 Off-Season Workouts 2-3:50pm (On Field)	21 Off-Season Workouts 2-3:50pm (COD)	22 7on7 2-3pm	23
24	25 Off-Season Workouts 2-3:50pm (Power)	26 Off-Season Workouts 2-3:50pm (Speed)	27 Off-Season Workouts 2-3:50pm (On Field)	28 Off-Season Workouts 2-3:50pm (COD)	29 OFF <u>NO SCHOOL</u>	30
31 <u>NOTES:</u>	* Winter sports start March 18 <sup>th</sup> (Or can start sooner)	* Absences - Must Communicate with Coach Montgomery	* Any 7v7 days bring cleats or store in gym locker		*SHORTS/CLEATS/ SHOES/WORKOUT SHIRT	

# OSCEOLA

# APRIL 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Workouts/OFF Install 2-3:50pm	<b>BOOSTER MEETING</b> 2 Workouts/DEF Install 2-3:50pm	3 Workouts/OFF Install 2-3:50pm	4 Workouts/DEF Install 2-3:50pm	5 <b>NO SCHOOL OFF</b>	6
7 <b>EASTER SUNDAY</b>	8 Workouts/OFF Install 2-3:50pm	9 Workouts/DEF Install 2-3:50pm	10 Workouts/OFF Install 2-3:50pm	11 Workouts/DEF Install 2-3:50pm	12 <b>7on7 2-3pm</b>	13 <b>ACT</b>
14	15 <b>MAX OUT</b> SQUAT - PUSH PRESS – LOCKER/EQUIPMENT DISTRIBUTION 2-4 (11 <sup>TH</sup> )	16 <b>MAX OUT</b> SNATCH PRESS – LOCKER/EQUIPMENT DISTRIBUTION 2-4 (10 <sup>TH</sup> )	17 <b>LIFT-A-THON @ 7PM</b> <b>SET UP @ 2-3PM</b> (CLEAN & BENCH) @7PM	18 <b>MAX OUT</b> DEADLIFT – LOCKER/EQUIPMENT DISTRIBUTION 2-4 (9 <sup>TH</sup> )	19 <b>MAX OUT MAKE UP @2-3PM</b>	20
21	22 <b>LIFT - OFFENSE FOCUS 2-4:30PM</b>	23 <b>LIFT - DEFENSE FOCUS 2-4:30PM</b>	24 <b>LIFT - 7V7 - TEAM 2-4:30PM</b>	25 <b>PARENT MEETING</b> incoming 9 <sup>th</sup> 7PM Returning Parent 8PM <b>OFF</b>	26 <b>NO SCHOOL OFF</b>	27
28	29 <b>HELMETS ONLY 2-5PM (OFFENSE)</b>	30 <b>HELMETS ONLY 2-5PM (DEFENSE)</b>	May 1 <b>SHELLS PRACTICE 2-6PM (OFFENSE)</b>	May 2 <b>SHELLS PRACTICE 2-6PM (DEFENSE)</b>	May 3 <b>SHELLS PRACTICE 2-5PM (OFFENSE)</b>	
<b>NOTES:</b>	* Lift-A-Thon @ 7pm April 19 <sup>th</sup> PARENTS PLEASE COME	* Absences - Must Communicate with Coach Montgomery	* Any 7v7 days bring cleats or store in gym locker	<b>PARENT MEETING 25th</b> Incoming Fresh 7PM Returning Parents 8pm	*SHORTS/CLEATS/ SHOES/WORKOUT SHIRT	

# OSCEOLA

# MAY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	29 <sup>TH</sup> HELMETS ONLY 2-5PM (OFFENSE)	30 <sup>TH</sup> HELMETS ONLY 2-5PM (DEFENSE)	1 SHELLS PRACTICE 2-6PM (OFFENSE)	2 SHELLS PRACTICE 2-6PM (DEFENSE)	3 SHELLS PRACTICE 2-5PM (OFFENSE)	4 SAT
5	6 FULL PRACTICE 2-6PM (DEFENSE)	7 BOOSTER MEETING FULL PRACTICE 2-6PM	8 FULL PRACTICE 2-6PM	9 SHELLS PRACTICE 2-4:30PM	10 ORANGE & BLUE GAME @7PM WARRIOR STADIUM	11
12 MOTHERS DAY	13 SHELLS PRACTICE 2-6PM (INSTALL)	14 FULL PRACTICE 2-6PM (GAME PLAN)	15 SHELLS PRACTICE 2-6PM (FINALIZE)	16 GAME DAY (HOME) VS.PARRISH COMMUNITY @7PM	17 OFF GRADUATION	18
19	20 EXAMS 1 & 2 FILM & LIFT	21 EXAMS 3 & 4 FILM & LIFT	22 EXAMS 5 & 6 Lifts 2-3	23 EXAMS 7 <sup>TH</sup>	24 NO SCHOOL OFF	25
26	27 MEMORIAL DAY OFF	28 LITTLE WARRIOR FOOTBALL CAMP TENTATIVE	29	30	31	
NOTES:						

# OSCEOLA