

FOOTBALL PRE-SEASON VARSITY/JV SCHEDULE (DRAFT) 2023

ALL GRADES should report to Conditioning Test/Equipment Distribution on Thursday, 8/17

Thursday	August 17	Conditioning Test (Fitness Room/Track), Equipment Distribution (dress like gym class)	1:00 pm - 4:00 pm (All Grades Report)
Thursday	August 17	Sports Physicals (Nurse's Office)	1:00 pm - 4:00 pm (Grades: 10, 11, 12)
Friday	August 18	Practice (Uppers only)	2:00 pm - 5:30 pm
Saturday	August 19	Practice (Uppers only)	9:00 am - 12:30 pm
Sunday	August 20	DAY OFF	
Monday	August 21	Practice (Uppers only)	2:00 pm - 5:30 pm
Tuesday	August 22	Practice (Double)	12:00 pm - 6:30 pm
Wednesday	August 23	Practice (Double)	12:00 pm - 6:30 pm
Thursday	August 24	Practice (Double)	12:00 pm - 6:30 pm
Friday	August 25	Practice (Double)	12:00 pm - 5:30 pm
Saturday	August 26	Practice/Scrimmage vs Chelmsford	10:00 am
Sunday	August 27	DAY OFF	
Monday	August 28	Practice (Double)	12:00 pm - 6:30 pm
Tuesday	August 29	Scrimmage Home vs Salem	4:00 pm - 7:00 pm
Wednesday	August 30	Practice	2:45 pm - 6:00 pm
Thursday	August 31	Practice	2:45 pm - 6:00 pm
Friday	September 1	Varsity Scrimmage @ Assabet	3:00 pm
Saturday	September 2	Practice (mandatory)	9:00 am - 12:00 pm
Sunday	September 3	DAY OFF	
Monday	September 4	DAY OFF (Labor Day)	
Tuesday	September 5	Practice	2:45 pm - 6:00 pm
Wednesday	September 6	Practice	2:45 pm - 6:00 pm
Thursday	September 7	Practice	2:45 pm - 5:30 pm
Friday	September 8	Varsity Game @ Bedford (Away)	7:00 pm
Saturday	September 9	Sub Varsity vs Bedford (Home)	10:00 am

*Uppers Only: Helmets and Shoulder pads only

As of: 6.7.23