

# 2023 Desert Mountain Football

| JANUARY |    |    |    |    |    |    |
|---------|----|----|----|----|----|----|
| Mo      | Tu | We | Th | Fr | Sa | Su |
| 26      | 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      | 31 | 1  | 2  | 3  | 4  | 5  |

| FEBRUARY |    |    |    |    |    |    |
|----------|----|----|----|----|----|----|
| Mo       | Tu | We | Th | Fr | Sa | Su |
| 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 | 1  | 2  | 3  | 4  | 5  |
| 6        | 7  | 8  | 9  | 10 | 11 | 12 |

| CALENDAR DETAILS |                       |
|------------------|-----------------------|
| 9-Jan            | TESTING & INSTRUCTION |
| 16-Jan           | STRENGTH TRAINING     |
| 28-Feb           | CPA - FIELD WORK      |
| 13-Mar           | SPRING BREAK          |
| 1-May            | SPRING BALL           |

| MARCH |    |    |    |    |    |    |
|-------|----|----|----|----|----|----|
| Mo    | Tu | We | Th | Fr | Sa | Su |
| 27    | 28 | 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  | 7  | 8  | 9  |

| APRIL |    |    |    |    |    |    |
|-------|----|----|----|----|----|----|
| Mo    | Tu | We | Th | Fr | Sa | Su |
| 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  | 3  | 4  | 5  | 6  | 7  |

| MAY |    |    |    |    |    |    |
|-----|----|----|----|----|----|----|
| Mo  | Tu | We | Th | Fr | Sa | Su |
| 24  | 25 | 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  | 2  | 3  | 4  |

| JUNE |    |    |    |    |    |    |
|------|----|----|----|----|----|----|
| Mo   | Tu | We | Th | Fr | Sa | Su |
| 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  | 5  | 6  | 7  | 8  | 9  |

| JULY |    |    |    |    |    |    |
|------|----|----|----|----|----|----|
| Mo   | Tu | We | Th | Fr | Sa | Su |
| 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  | 2  | 3  | 4  | 5  | 6  |

| AUGUST |    |    |    |    |    |    |
|--------|----|----|----|----|----|----|
| Mo     | Tu | We | Th | Fr | Sa | Su |
| 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  | 6  | 7  | 8  | 9  | 10 |

## STRENGTH TRAINING

7:00 AM (GROUP #1)

8:45 AM (GROUP #2)

10:55 AM (GROUP #3)

## CPA - FIELD WORK

SPEED & AGILITY

POSITION SPECIFIC FUNDAMENTALS & TECHNIQUES

OFFENSIVE & DEFENSIVE STRATEGY & INSTALL

## SPRING BALL

PLAYER DEVELOPMENT & INSTRUCTION

ALL: 5:00 - 7:30 pm

ALL: 5:00 - 7:30 pm