

Football Summer Football Calendar 2023 (Tentative Schedule)

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Lifting Afterschool	1 Lifting Afterschool	2 Lifting Afterschool	3	4
5	6 <i><u>Cougar Classic Meeting</u></i>	7 Lifting Afterschool	8 Lifting Afterschool	9 Lifting Afterschool	10	11
12	13	14 Lifting Afterschool	15 Lifting Afterschool	16 Lifting Afterschool	17	18
19	20	21 Lifting Afterschool	22 Lifting Afterschool	23 Lifting Afterschool	24	25
26	27	28 Lifting Afterschool				

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Lifting Afterschool	2 Lifting Afterschool	3	4
5	6 <i><u>Cougar Classic Meeting</u></i>	7 Lifting Afterschool	8 Lifting Afterschool	9 Lifting Afterschool	10	11
12	13	14 Lifting Afterschool	15 Lifting Afterschool	16 Lifting Afterschool	17	18
19	20	21 Lifting Afterschool	22 Lifting Afterschool	23 Lifting Afterschool	24	25

26	27	28 Lifting Afterschool	29 Lifting Afterschool	30 Lifting Afterschool	31	
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April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 <i><u>Cougar Classic Meeting</u></i> Varsity Helmet fitting	4 Lifting Afterschool	5 Lifting Afterschool	6 Lifting Afterschool	7	8
9	10	11	12	13	14	15
16	17 <i><u>Cougar Classic Meeting</u></i>	18 Lifting Afterschool	19 Lifting Afterschool	20 Lifting Afterschool	21	22
23	24	25 Lifting Afterschool	26 Lifting Afterschool	27 Lifting Afterschool	28	29
30						

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i><u>Cougar Classic Meeting</u></i>	2 Lifting Afterschool	3 Lifting Afterschool	4 Lifting Afterschool	5	6

7	8	9 Lifting Afterschool	10 Lifting Afterschool	11 Lifting Afterschool	12	13
14	15 <i>Cougar Classic Meeting</i>	16 Lifting Afterschool	17 Lifting Afterschool	18 Lifting Afterschool	19	20 <i>Kick-Off Classic</i>
21	22	23	24	25	26	27
28	29	30	31			

June

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 Practice 8:00-11 AM	20 Practice 8:00-11 AM 7 ON 7 @ FHS	21 Practice 8:00-11 AM	22 Practice 8:00-11 AM	23	24
25	26 Practice 8:00-11 AM	27 Practice 8:00-11 AM 7 ON 7 @ TBD	28 Practice 8:00-11 AM	29 Practice 8:00-11 AM	30	

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8

9	10 Practice 8:00-11 AM	11 Practice 8:00-11 AM 7 on 7 @ TBD	12 Practice 8:00-11 AM	13 Practice 8:00-11 AM	14	15
16	17 Practice 8:00-11 AM	18 Practice 8:00-11 AM 7 ON 7 @ TBD	19 Practice 8:00-11 AM	20 Practice 8:00-11 AM	21	22
23	24 Practice 8:00-11 AM	25 Practice 8:00-11 AM	26 Practice 8:00-11 AM	27 Practice 8:00-11 AM	28	29
30 Leave for Dunsmuir Camp	31					

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 Practice 3-6pm	8 Practice 3-6pm	9 Practice 3-6pm	10 Practice 3-6pm	11 Team Pictures Practice 3-6pm	12
13	14 Practice 3-6pm	15 Practice 3-6pm	16 School Practice Begins Time TBD	17 School Practice	18 Scrimmage VS SHS	19
20	21 School Practice	22 School Practice	23 School Practice	24 School Practice	25 Game 1 @ Edison	26
27	28 School Practice	29 School Practice	30 School Practice	31 School Practice	1 Game 2 San Marin	

Please follow us



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Also, check out our website too!! www.foothillcougarfb.com

Head Coach, Varsity

Ross Griffith email: rgriffith@suhds.net

Head Coach, freshmen

Chris Hall email: work.hall@gmail.com

Freshmen Football Summer Football Calendar 2023 (Tentative Schedule)

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15 Freshmen Parent Meeting @ 6pm FHS Library	16	17
18	19 Practice 8:00-11 AM	20 Practice 8:00-11 AM 7 ON 7 @ FHS	21 Practice 8:00-11 AM	22 Practice 8:00-11 AM	23	24
25	26 Practice 8:00-11 AM	27 Practice 8:00-11 AM 7 ON 7 @ TBD	28 Practice 8:00-11 AM	29 Practice 8:00-11 AM	30	

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10 Practice 4-6 PM	11 Practice 4-6 PM	12 Practice 4-6 PM	13 Practice 4-6 PM	14	15
16	17 Practice 4-6 PM	18 Practice 4-6 PM	19 Practice 4-6 PM	20 Practice 4-6 PM	21	22
23	24 Practice 4-6 PM	25 Practice 4-6 PM	26 Practice 4-6 PM	27 Practice 4-6 PM	28	29

30	31					
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 Practice 3-6pm	8 Practice 3-6pm	9 Practice 3-6pm	10 Practice 3-6pm	11 Team Pictures Practice 3-6pm	12
13	14 Practice 3-6pm	15 Practice 3-6pm	16 School Practice Begins Time TBD	17 School Practice	18 Scrimmage VS SHS	19
20	21 School Practice	22 School Practice	23 School Practice	24 School Practice	25 Game 1 @ Edison	26
27	28 School Practice	29 School Practice	30 School Practice	31 School Practice	1 Game 2 San Marin	

August