

“Don’t follow your dreams, chase them”

Chippewa Valley Football Summer



June 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Phase 4 Week 4				Day 2 Prom	Day 3	1
2 Phase 4 Testing	3 Day 1	4 Day 2	5	6	7 Finals 1st & 2nd	8
9	10 Finals 3rd & 4th	11 Finals Combine Test & Make-ups Warm-up 40 flies Pro-Shuttle	12 Phase 5 Summer Program Stations 5:00-7:30	13 Off	14 Off	15
16	17 Stations 8:00-10:30	18 Stations 8:00-10:30	19 Stations 4-6:30 7 on 7 #1 Adams, Richmond Madison Hts.	20 Off	21 Off	22
23 30	24 Stations 8:00-10:30	25 Stations 8:00-10:30	26 Stations 4-6:30 7 on 7 #2 Madison Hts. Clintondale Bishop Foley	27 Off	28 Off	29

"If I cannot do great things, I can do small things in a great way."



July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Dead Week	1 Push Ups Crunches	2 Push ups Planks	3 Push Ups Crunches	4 Eat Great Cook Out Food	5 Push ups planks	6
7	8 Stations 8:00-10:30	9 Stations 8:00-10:30	10 7 on 7 @ GPS Stations 5-7:00	11	12	13
14	15 Stations 8:00-10:30	16 Stations 8:00-10:30	17 7 on 7 #4 Stations 5-7:00 Madison Hts. Port Huron LCN	18	19 S	20
21	22 Stations 8:00-10:30	23 Stations 8:00-10:30	24 7 on 7 #5 Stations 5-7:00 Cousino, Adams, Madison Hts.	25	26	27
28	29 Stations 8:00-10:30	30 Stations 8:00-10:30	31 Stations 4-6:30 Pass out Equipment			

“Do not wait for an opportunity, create one”



August 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6 Stations 8:00-10:30	7 Stations 8:00-10:30	8 Break	9 Off	10
11 Varsity Midnight Day 1 Practice(1) 12:00-2:00 am	12 10:00- 11:00 Lunch Break Practice(2) 11:00-1:30	13 Day 2 Practice(3) 8-10:00 10:00- 11:00 Lunch Break Practice (4) 11:00-1:30	14 Day 3 Practice(5) 8-10:00 10:00- 11:00 Lunch Break Practice(6) 11:00-1:30	15 Day 4 Practice(7) 8-10:00 10:00- 11:00 Lunch Break Practice (8) 11:00-1:30	16 Day 5 Practice(9) 8-10:00 10:00- 11:00 Lunch Break Practice(10) 11:00-1:30	17 Red & White Scrimmage
18	19 Day 6 Practice(11) 8-10:30	20 Day 6 Practice(12) 8-10:30 Pep Rally 6::00	21 Day 6 Practice(13) 8-10:30	22 Big Red Check In Scrimmage @ Rochester Adams Varsity@ 10:00- 12:30 JV@ 12:30- 1:30 Frosh@ 2:00-3:30	23 Film and Flush 10:00- 1:00	24
25 Practice 2:00-5:00	26 Practice 2:00-5:00	27 Practice 2:00-5:00	28 Practice 2:00-5:00	29 @ West Bloomfield	30	31

“If you don’t have what you want, work harder”



September 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Labor Day Practice TBD	3 1st day of school Practice 2:30-5:30	4 Practice 2:30-5:30	5 Practice 2:30-4:30 Team Dinner 5:00-6:00	6 VS Lakeview	7
8	9 Practice 2:30-5:30	10 Practice 2:30-5:30	11 Practice 2:30-5:30	12 Practice 2:30-4:30 Team Dinner 5:00-6:00	13 VS Stevenson	14
15	16 Practice 2:30-5:30	17 Practice 2:30-5:30	18 Practice 2:30-5:30	19 Practice 2:30-4:30 Team Dinner 5:00-6:00	20 @ Romeo	21
22	23 Practice 2:30-5:30	24 Practice 2:30-5:30	25 Practice 2:30-5:30	26 Practice 2:30-4:30 Team Dinner 5:00-6:00	27 @ Dakota	28
29	30 Practice 2:30-5:30					

“Sometimes later becomes never. Do it now”



October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Practice 2:30-5:30	2 Practice 2:30-5:30	3 Practice 2:30-4:30 Team Dinner 5:00-6:00	4 VS Eisenhower	5
6	7 Practice 2:30-5:30	8 Practice 2:30-5:30	9 Practice 2:30-5:30	10 Practice 2:30-4:30 Team Dinner 5:00-6:00	11 VS Anchor Bay	12
13	14 Practice 2:30-5:30	15 Practice 2:30-5:30	16 Practice 2:30-5:30	17 Practice 2:30-4:30 Team Dinner 5:00-6:00	18 @ Port Huron Northern	19
20	21 Practice 2:30-5:30	22 Practice 2:30-5:30	23 Practice 2:30-5:30	24 Practice 2:30-4:30 Team Dinner 5:00-6:00	25 TBD De Lasalle	26
27	28 Practice 2:30-5:30	29 Practice 2:30-5:30	30 Practice 2:30-5:30	31 Practice 2:30-4:30 Team Dinner 5:00-6:00		

“Be stronger than your strongest excuse”



November 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Playoffs	2
3	4 Practice 2:30-5:30	5 Practice 2:30-5:30	6 Practice 2:30-5:30	7 Practice 2:30-4:30 Team Dinner 5:00-6:00	8 District	9
10	11 Practice 2:30-5:30	12 Practice 2:30-5:30	13 Practice 2:30-5:30	14 Walk Thru 2:30-4:30 Team Dinner 5:00-6:00	15 Regionals	16
17	18 Practice 2:30-5:30	19 Practice 2:30-5:30	20 Practice 2:30-5:30	21 Practice 2:30-5:30	22 Wall Thru 2:30-4:30 Team Dinner 5:00-	23 Semi-Final
24	25 Practice 2:30-5:30	26 Practice 2:30-5:30	27 Practice 10:30-12:00	28 Thanks Giving	29 Walk Through Team Meal	30 State- Championship

“Ability is what you are capable of doing, Motivation determines what you do Attitude determines how well you do it.”



December 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9 2:30 Workout	10 2:30 Workout	11	12 2:30 Workout	13	14
15	16 2:30 Workout	17 2:30 Workout	18	19	20	21
22	23	24 Christmas Eve	25 Christmas Day	26	27	28
29	30	31 New Years Eve				