

MINGUS FOOTBALL MAY 2025- UPDATED 1-31-25

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
SPRING WORKOUTS SPEED AND WEIGHT TRAINING 5:30- 7:00 SCHEDULE TBD						
4	5 SPRING FOOTBALL PRACTICE 4:30 - 6:30	6 SPRING FOOTBALL PRACTICE 4:30 - 6:30	7 SPRING FOOTBALL PRACTICE 4:30 - 6:30	8 SPRING FOOTBALL PRACTICE 4:30 - 6:30	9 OFF	10 OFF
11	12 SPRING FOOTBALL PRACTICE 4:30 - 6:30 <u>Parent Meeting 6:30 PM</u>	13 SPRING FOOTBALL PRACTICE 4:30 - 6:30	14 SPRING FOOTBALL PRACTICE 4:30 - 6:30	15 SPRING FOOTBALL PRACTICE 4:30 - 6:30	16 OFF	17 OFF
18	19 OFF	20 OFF	21 OFF	22 OFF	23 MINGUS GRADUATION	24 OFF
25	26 <u>MEMORIAL DAY</u> <u>PLAYERS SET FLAGS</u> <u>7:00AM???</u>	27 OFF	28 OFF	29 OFF	30 Weights/Practice 4:30 PM to 7:00 PM	31 CARWASH???

MINGUS FOOTBALL JUNE 2025- UPDATED 1-31-25

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <u>PARENT BOOSTER MEETING 7:00PM</u> Weights/Practice 4:30 PM to 6:30 PM	3 Weights/Practice 4:30 PM to 7:00 PM	4 <u>Prescott 7 on 7</u> Weights/Practice 4:30 PM to 7:00 PM	5 Weights/Practice 4:30 PM to 7:00 PM	6 OFF	7 CARWASH???
8	9 <u>TBD- Kids Camp 6:00 PM to 8:00 PM</u> Weights/Practice 5:00 PM to 6:00 PM	10 <u>TBD- Kids Camp 6:00 PM to 8:00 PM</u> Weights/Practice 5:00 PM to 6:00 PM	11 <u>Prescott 7 on 7</u> Weights/Practice 4:30 PM to 7:00 PM	12 Weights/Practice 4:30 PM to 7:00 PM	13 OFF	14 <u>NAU 7 on 7 & Big Man</u> Tournament 8:00 AM
15	16 Weights/Practice 4:30 PM to 7:00 PM	17 Weights/Practice 4:30 PM to 7:00 PM	18 <u>BRADSHAW 7 on 7</u> Weights/Practice 4:30 PM to 7:00 PM	19 Weights/Practice 4:30 PM to 7:00 PM	20 OFF	21 <u>Mingus 7 on 7 & Big Man</u> Tournament 8:00 AM
22	23 Weights/Practice 4:30 PM to 7:00 PM	24 Weights/Practice 4:30 PM to 7:00 PM	25 <u>BRADSHAW 7 on 7</u> Weights/Practice 4:30 PM to 7:00 PM	26 Weights/Practice 4:30 PM to 7:00 PM	27 Senior Retreat Mingus Mountain Leave 11:00 AM	28 Senior Retreat Mingus Mountain Return 9:00 AM Car Wash 10:00 AM
29	30 OFF					

MINGUS FOOTBALL JULY 2025- UPDATED 1-31-25

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 OFF	2 OFF	3 OFF	4 OFF	5 OFF
ADDITIONAL OPTIONAL WORKOUTS MAY BE ADDED TO THIS WEEK						
6	7 Off	8 Off	9 Off	10 Off	11 Off	12 Off
ADDITIONAL OPTIONAL WORKOUTS MAY BE ADDED TO THIS WEEK						
13	14 Off	15 Off	16 OFF	17 OFF	18 Weights/Practice 4:30 PM to 7:00 PM	19 TEAM CAMP HEBER AZ DEPART 9:00AM
ADDITIONAL OPTIONAL WORKOUTS MAY BE ADDED TO THIS WEEK						
20 TEAM CAMP HEBER AZ	21 TEAM CAMP HEBER AZ	22 TEAM CAMP HEBER AZ RETURN 1:30PM	23 OFF	24 PRACTICE TBD	25 ALUMNI GAME 7 V 7 BIG MAN COMP	26 OFF
27	28 PRACTICE TBD	29 PRACTICE TBD	30 FRESHMAN 1ST DAY OF SCHOOL PRACTICE TBD	31 1ST DAY OF SCHOOL PRACTICE TBD	PRACTICE TBD	