

2024 BA VARSITY FOOTBALL TENTATIVE SUMMER SCHEDULE

(all AM unless noted)

Week 1 – May 29 – 31 (Wed-Fri)

Weights 6:30 – 8:00 / FB Practice 8:15 – 9:30

Friday Practice 7:00 – 9:00

Week 2 – June 3 – 6 (Mon-Thurs)

FB Practice 6:30 – 7:30 / Weights 7:30 – 9:00

Friday Practice 7:00 – 9:00

Week 3 – June 10 – 13 (Mon-Thurs)

FB Practice 6:30 – 7:30 / Weights 7:30 – 9:00

Friday Practice 7:00 – 9:00

Week 4 – June 17 – 20 (Mon-Thurs)

Weights 6:30 – 8:00 / FB Practice 8:15 – 9:30

Friday Practice 7:00 – 9:00

*Week 5 & 6 – June 24 – July 5 – **DEAD PERIOD***

Week 7 – July 8 – 12 (Mon - Fri)

Weights 6:30 – 8:00 (No weights on Friday) / FB Practice 8:15 – 9:45

FB Practice Friday 7:00 – 9:00

Week 8 – July 15 – 19 – (Mon – Fri)

Weights 6:30 – 8:00 (No weights on Friday) / FB Practice 8:15 – 9:45

Heat Acclimation Begins on Thursday

FB Practice Thursday & Friday - TBD

Week 9 – July 22 – 26 – Continuation of Acclimation Week

Weights 6:30 – 8:00

Practice Schedule TBD

Week 10 – July 29 – 1st Day Pads

Practice Schedule TBD