



JANUARY 2026

GET BACK

THE STANDARD MATTERS



Updated 1/5

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
		PHASE 1 – WEEK 1 7:15AM/3:15PM				
	Staff Meeting 1:00pm	DEF. FUNDAMENTALS 3:15 – 4:05 O MEETING – 3:15 DEF. - ON FIELD	COD/AGILITIES 3:15 – 4:05	OFF. . FUNDAMENTALS 3:15 – 4:05 D MEETING – 3:15 O - ON FIELD	PLYOMETRICS/JUMPS 3:15 – 4:05	
11	12	13	14	15	16	17
	PHASE 1 – WEEK 2 7:15AM/3:15PM				NO ZERO HOUR Coaches at OFBCA CLINIC	
	SPEED DEVELOPMENT 3:15 – 4:05	DEF. FUNDAMENTALS 3:15 – 4:05 O MEETING – 3:15 DEF. - ON FIELD	COD/AGILITIES 3:15 – 4:05	PLYOMETRICS/JUMPS 3:15 – 4:05	OFF. . FUNDAMENTALS 3:15 – 4:05 D MEETING – 3:15 O - ON FIELD	
18	19	20	21	22	23	24
	NO SCHOOL MLK DAY	PHASE 1 – WEEK 3 7:15AM/3:15PM				
		DEF. FUNDAMENTALS 3:15 – 4:05 O MEETING – 3:15 DEF. - ON FIELD	COD/AGILITIES 3:15 – 4:05	OFF. . FUNDAMENTALS 3:15 – 4:05 D MEETING – 3:15 O - ON FIELD	PLYOMETRICS/JUMPS 3:15 – 4:05	
25	26	27	28	29	30	31
	PHASE 1 – WEEK 4 7:15AM/3:15PM		TEAM MEETING JONES 7:45 – 8:45AM	PHASE 1 – WEEK 4 7:15AM/3:15PM		
	SPEED DEVELOPMENT 3:15 – 4:05	DEF. FUNDAMENTALS 3:15 – 4:05 O MEETING – 3:15 DEF. - ON FIELD	COD/AGILITIES 3:15 – 4:05	OFF. . FUNDAMENTALS 3:15 – 4:05 D MEETING – 3:15 O - ON FIELD	BETHEL POWERLIFTING MEET – TIME TBA PLYOMETRICS/JUMPS 3:15 – 4:05	



FEBRUARY 2026

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 PHASE 1 – WEEK 5 7:15AM/3:15PM SPEED DEVELOPMENT 3:15 – 4:05	3 DEF. FUNDAMENTALS 3:15 – 4:05 O MEETING – 3:15 DEF. - ON FIELD	4 TEAM MEETING MOORE 7:45 – 8:45AM COD/AGILITIES 3:15 – 4:05	5 PHASE 1 – WEEK 5 7:15AM/3:15PM OFF. . FUNDAMENTALS 3:15 – 4:05 D MEETING – 3:15 O - ON FIELD	6 PLYOMETRICS/JUMPS 3:15 – 4:05	7
8	9 SPEED DEVELOPMENT 3:15 – 4:05	10 PHASE 1 – WEEK 6 7:15AM/3:15PM DEF. FUNDAMENTALS 3:15 – 4:05 O MEETING – 3:15 DEF. - ON FIELD	11 COD/AGILITIES 3:15 – 4:05	12 OFF. . FUNDAMENTALS 3:15 – 4:05 D MEETING – 3:15 O - ON FIELD	13 NO SCHOOL PROFESSIONAL DEVELOPMENT DAY CHICKASHA POWERLIFTING MEET – TIME TBA	14
15	16 NO SCHOOL PRESIDENTS DAY	17 PHASE 1 – WEEK 7 7:15AM/3:15PM DEF. FUNDAMENTALS 3:15 – 4:05 O MEETING – 3:15 DEF. - ON FIELD	18 COD/AGILITIES 3:15 – 4:05	19 OFF. . FUNDAMENTALS 3:15 – 4:05 D MEETING – 3:15 O - ON FIELD	20 PLYOMETRICS/JUMPS 3:15 – 4:05	21
22	23 PHASE 1 – WEEK 8 7:15AM/3:15PM SPEED DEVELOPMENT 3:15 – 4:05	24 DEF. FUNDAMENTALS 3:15 – 4:05 O MEETING – 3:15 DEF. - ON FIELD	25 TEAM MEETING BOOGAARD 7:45 – 8:45AM COD/AGILITIES 3:15 – 4:05	26 PHASE 1 – WEEK 8 7:15AM/3:15PM OFF. . FUNDAMENTALS 3:15 – 4:05 D MEETING – 3:15 O - ON FIELD	27 PLYOMETRICS/JUMPS 3:15 – 4:05	28



MARCH 2026

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THE STANDARD MATTERS



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1	2 PHASE 1 – WEEK 9 7:15AM/3:15PM SPEED DEVELOPMENT 3:15 – 4:05	3 DEF. FUNDAMENTALS 3:15 – 4:05 O MEETING – 3:15 DEF. - ON FIELD	4 TEAM MEETING FLEMING 7:45 – 8:45AM COD/AGILITIES 3:15 – 4:05	5 PHASE 1 – WEEK 9 7:15AM/3:15PM REGIONAL POWERLIFTING MEET – ANADARKO -TIME TBA PLYOMETRICS/JUMPS 3:15 – 4:05	6 OFF. . FUNDAMENTALS 3:15 – 4:05 D MEETING – 3:15 O - ON FIELD	7	
8	9 SPEED DEVELOPMENT 3:15 – 4:05	10 PHASE 1 TESTING/LIFT –A -THON – 7:15AM DEF. FUNDAMENTALS 3:15 – 4:05 O MEETING – 3:15 DEF. - ON FIELD	11 COD/AGILITIES 3:15 – 4:05	12 OFF. . FUNDAMENTALS 3:15 – 4:05 D MEETING – 3:15 O - ON FIELD	13 NO SCHOOL PT CONFERENCE AM STATE POWERLIFTING MEET – EL RENO -TIME TBA	14	
15	<h1>SPRING BREAK</h1>						21
22	23 PHASE 2 – WEEK 1 7:15AM/3:15PM SPEED DEVELOPMENT 3:15 – 4:05	24 DEF. FUNDAMENTALS 3:15 – 4:05 O MEETING – 3:15 DEF. - ON FIELD	25 TEAM MEETING OWEN 7:45 – 8:45AM COD/AGILITIES 3:15 – 4:05	26 PHASE 2 – WEEK 1 7:15AM/3:15PM OFF. . FUNDAMENTALS 3:15 – 4:05 D MEETING – 3:15 O - ON FIELD	27 PLYOMETRICS/JUMPS 3:15 – 4:05	28	
29	30 PHASE 2 – WEEK 2 7:15AM/3:15PM SPEED DEVELOPMENT 3:15 – 4:05	31 DEF. FUNDAMENTALS 3:15 – 4:05 O MEETING – 3:15 DEF. - ON FIELD	1 TEAM MEETING GEDDIS 7:45 – 8:45AM COD/AGILITIES 3:15 – 4:05	2 PHASE 2 – WEEK 2 7:15AM/3:15PM OFF. . FUNDAMENTALS 3:15 – 4:05 D MEETING – 3:15 O - ON FIELD	3 PLYOMETRICS/JUMPS 3:15 – 4:05	4	



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30 PHASE 2 – WEEK 2 7:15AM/3:15PM SPEED DEVELOPMENT 3:15 – 4:05	31 DEF. FUNDAMENTALS 3:15 – 4:05 O MEETING – 3:15 DEF. - ON FIELD	1 TEAM MEETING GEDDIS 7:45 – 8:45AM COD/AGILITIES 3:15 – 4:05	2 PHASE 2 – WEEK 2 7:15AM/3:15PM OFF. . FUNDAMENTALS 3:15 – 4:05 D MEETING – 3:15 O - ON FIELD	3 PLYOMETRICS/JUMPS 3:15 – 4:05	4
5	6 PHASE 2 – WEEK 3 7:15AM/3:15PM SPEED DEVELOPMENT 3:15 – 4:05	7 DEF. FUNDAMENTALS 3:15 – 4:05 O MEETING – 3:15 DEF. - ON FIELD	8 ACT TESTING – 11 TH GRADE VIRTUAL FOR 9, 10TH	9 PHASE 2 – WEEK 3 7:15AM/3:15PM OFF. . FUNDAMENTALS 3:15 – 4:05 D MEETING – 3:15 O - ON FIELD	10 PLYOMETRICS/JUMPS 3:15 – 4:05	11
12	13 PHASE 2 – WEEK 4 7:15AM/3:15PM SPEED DEVELOPMENT 3:15 – 4:05	14 DEF. FUNDAMENTALS 3:15 – 4:05 O MEETING – 3:15 DEF. - ON FIELD	15 STATE TESTING – 11 TH GRADE VIRTUAL FOR 9, 10TH COD/AGILITIES 3:15 – 4:05 CLASS OF 2030 PARENT MEETING AND SIGNING 6:30PM	16 PHASE 2 – WEEK 4 7:15AM/3:15PM OFF. . FUNDAMENTALS 3:15 – 4:05 D MEETING – 3:15 O - ON FIELD	17 NO SCHOOL PROFESSIONAL DEVELOPMENT	18
19	20 PHASE 2 – WEEK 5 7:15AM/3:15PM SPEED DEVELOPMENT 3:15 – 4:05	21 DEF. FUNDAMENTALS 3:15 – 4:05 O MEETING – 3:15 DEF. - ON FIELD	22 TEAM MEETING WORM 7:45 – 8:45AM COD/AGILITIES 3:15 – 4:05	23 PHASE 2 – WEEK 5 7:15AM/3:15PM OFF. . FUNDAMENTALS 3:15 – 4:05 D MEETING – 3:15 O - ON FIELD	24 PLYOMETRICS/JUMPS 3:15 – 4:05	25
26	27 PHASE 2 – TESTING – 7:15AM 40'S TESTING 3:15 – 4:05	28 VERTICAL/PRO AGILITY TESTING 3:15 – 4:05	29 TEAM MEETING CLOYDE 7:45 – 8:45AM L DRILL TESTING/BROAD JUMP 3:15 – 4:05 CLASS OF 29, 28, 27 PARENT MEETING 6:00PM	30 PHASE 2 – TESTING – 7:15AM TESTING MAKE UP 3:15 – 4:05	1 TESTING MAKE UP 3:15 – 4:05	2



MAY 2026

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THE STANDARD MATTERS



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SUNDAY I	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27 PHASE 2 – TESTING – 7:15AM 40'S TESTING 3:15 – 4:05	28 VERTICAL/PRO AGILITY TESTING 3:15 – 4:05	29 TEAM MEETING CLOYDE 7:45 – 8:45AM L DRILL TESTING/BROAD JUMP 3:15 – 4:05 CLASS OF 29, 28, 27 PARENT MEETING 6:00PM	30 PHASE 2 – TESTING – 7:15AM TESTING MAKE UP 3:15 – 4:05	1 TESTING MAKE UP 3:15 – 4:05	2
3	4 0 HOUR LIFT 7:15AM UNIT MEETING 8:30 – 8:50 REMEMBER/REVIEW 3:15PM – 4:15PM	5 POSITION MEETINGS 7:45 -8:45AM REMEMBER/REVIEW 3:15PM – 4:15PM	6 0 HOUR LIFT 7:15AM UNIT MEETING 8:30 – 8:50 REMEMBER/REVIEW 3:15PM – 4:15PM	7 POSITION MEETINGS 7:45 -8:45AM REMEMBER/REVIEW 3:15PM – 4:15PM	8 0 HOUR LIFT 7:15AM UNIT MEETING 8:30 – 8:50 REMEMBER/REVIEW 3:15PM – 4:15PM	9
10	11 0 HOUR LIFT 7:15AM UNIT MEETING 8:30 – 8:50 REMEMBER/REVIEW 3:15PM – 4:15PM	12 POSITION MEETINGS 7:45 -8:45AM REMEMBER/REVIEW 3:15PM – 4:15PM	13 0 HOUR LIFT 7:15AM UNIT MEETING 8:30 – 8:50 REMEMBER/REVIEW 3:15PM – 4:15PM	14 POSITION MEETINGS 7:45 -8:45AM REMEMBER/REVIEW 3:15PM – 4:15PM	15 0 HOUR LIFT 7:15AM UNIT MEETING 8:30 – 8:50 REMEMBER/REVIEW 3:15PM – 4:15PM	16
17	18 0 HOUR LIFT 7:15AM UNIT MEETING 8:30 – 8:50 SPRING BALL DAY 1 SHELLS 4-6 PM FRESHMEN 5 – 8PM	19 Finals 1 and 4/5 Hours UNIT MEETING 4:05 PM SPRING BALL DAY 2 HELMETS 5:30 – 6:30 PM FRESHMEN 5 – 8PM	20 Finals 2 and 6 Hour TEAM LIFT 4:05 PM SPRING BALL DAY 3 SHELLS 5:30 – 6:30 PM FRESHMEN 5 – 8PM	21 LAST DAY OF SCHOOL Finals 3 and 7 hours UNIT MEETING 1:00PM SPRING BALL DAY 4 HELMETS 2:15 – 4:15PM 7PM GRADUATION	22 TEAM LIFT 8:30AM SPRING BALL DAY 5 SHELLS 10AM - NOON FRESHMEN 9AM – 11:30AM	23 PLAYERS OFF
24/31 PLAYERS OFF	25 MEMORIAL DAY PLAYERS OFF	26 PLAYERS OFF	27 TEAM LIFT 8:30AM SPRING BALL DAY 6 HELMETS 10AM - NOON FRESHMEN 9AM – 11:30AM	28 POSITION MEETING 8:30AM SPRING BALL DAY 7 SHELLS 10AM – NOON FRESHMEN 9AM – 11:30AM	29 TEAM LIFT 8:30AM SPRING BALL DAY 8 HELMETS 10AM - NOON FRESHMEN 9AM – 11:30AM	30 PLAYERS OFF



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 TEAM LIFT 8:30AM SPRING BALL DAY 9 SHELLS 10AM - NOON FRESHMEN 9AM – 11:30AM	2 TEAM LIFT 8:30AM SPRING BALL DAY 10 HELEMTS 10AM - NOON FRESHMEN 9AM – 11:30AM	3 TEAM CAMP - TBA Freshmen TEAM CAMP @NN 3-6	4	5 PLAYERS OFF	6 PLAYERS OFF
7	8 SUMMER PRIDE 9-1TH GRADES 7AM – 9AM	9	10 OL/DL SUMMER PRIDE 7-9AM 7 ON 7 9-10 SKILL PLAYERS 10-NOON LOCATION -TBD	11 SUMMER PRIDE 9-12TH GRADES 7AM – 9AM	12 PLAYERS OFF	13 COWBOY CLASH 7ON7 TOURNAMENT @OSU SELECT ROSTER TIME - TBA
14	15 SUMMER PRIDE 9-1TH GRADES 7AM – 9AM SUMMER PRIDE MIDDLE SCHOOL 9:30 – 11AM	16	17 OL/DL SUMMER PRIDE 7-9AM 7 ON 7 9-10 SKILL PLAYERS 10-NOON LOCATION -TBD	18 SUMMER PRIDE 9-12TH GRADES 7AM – 9AM SUMMER PRIDE MIDDLE SCHOOL 9:30-11AM	19 BIXBY 7ON7 TOURNAMENT SELECT ROSTER TIME - TBA	20 PLAYERS OFF
21	22 SUMMER PRIDE 9-1TH GRADES 7AM – 9AM SUMMER PRIDE MIDDLE SCHOOL 9:30 – 11AM	23	24 OL/DL SUMMER PRIDE 7-9AM 7 ON 7 9-10 SKILL PLAYERS 10-NOON LOCATION -TBD	25 SUMMER PRIDE 9-12TH GRADES 7AM – 9AM SUMMER PRIDE MIDDLE SCHOOL 9:30-11AM	26 PLAYERS OFF	27 OSSAA DEAD PERIOD
28	29	30	1	2	3	4

OSSAA DEAD PERIOD



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THE STANDARD MATTERS



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1	2	3	4
OSSAA DEAD PERIOD						
5 <i>OSSAA DEAD PERIOD</i>	6 SUMMER PRIDE 9-1TH GRADES 7AM – 9AM SUMMER PRIDE MIDDLE SCHOOL 9:30 – 11AM	7	8 PLAYERS OFF	9 SUMMER PRIDE 9-1TH GRADES 7AM – 9AM SUMMER PRIDE MIDDLE SCHOOL 9:30 – 11AM	10	11 PLAYERS OFF
12	13 SUMMER PRIDE 9-1TH GRADES 7AM – 9AM SUMMER PRIDE MIDDLE SCHOOL 9:30 – 11AM	14	15 PLAYERS OFF	16 SUMMER PRIDE 9-1TH GRADES 7AM – 9AM SUMMER PRIDE MIDDLE SCHOOL 9:30 – 11AM	17	18 PLAYERS OFF
19	20 SUMMER PRIDE 9-1TH GRADES 7AM – 9AM	21	22 PLAYERS OFF	23 SUMMER PRIDE 9-1TH GRADES 7AM – 9AM	24	24 PLAYERS OFF
26	27 SUMMER PRIDE 9-1TH GRADES 7AM – 9AM	28	29 PLAYERS OFF	30 SUMMER PRIDE 9-1TH GRADES 7AM – 9AM	31	1 PLAYERS OFF