


2023 MOUND WESTONKA WHITE HAWKS 7-8 GRADE FOOTBALL SCHEDULE


JUNE - 2023

2023 MOUND WESTONKA WHITE HAWKS 7-8 GRADE FOOTBALL SCHEDULE						
JUNE - 2023						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 Last Day of School!	3
4	5 Teacher Workshop	6 Strength & Conditioning 11:30am-12:30pm	7 Strength & Conditioning 11:30am-12:30pm	8 Strength & Conditioning 11:30am-12:30pm	9	10
11	12 Strength & Conditioning 11:30am-12:30pm	13 Strength & Conditioning 11:30am-12:30pm	14 Strength & Conditioning 11:30am-12:30pm	15 Strength & Conditioning 11:30am-12:30pm	16	17
18	19 Strength & Conditioning 11:30am-12:30pm	20 Strength & Conditioning 11:30am-12:30pm	21 Strength & Conditioning 11:30am-12:30pm	22 Strength & Conditioning 11:30am-12:30pm	23	24
25	26 Strength & Conditioning 11:30am-12:30pm	27 Strength & Conditioning 11:30am-12:30pm	28 Strength & Conditioning 11:30am-12:30pm	29 Strength & Conditioning 11:30am-12:30pm	30	

THIS CALENDAR IS SUBJECT TO CHANGE

2023 MOUND WESTONKA WHITE HAWKS 7-8 GRADE FOOTBALL SCHEDULE


JULY - 2023

2023 MOUND WESTONKA WHITE HAWKS 7-8 GRADE FOOTBALL SCHEDULE						
JULY - 2023						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 NO COACH CONTACT PERIOD
2 NO COACH CONTACT PERIOD	3 NO COACH CONTACT PERIOD	4 NO COACH CONTACT PERIOD	5 NO COACH CONTACT PERIOD	6 NO COACH CONTACT PERIOD	7 NO COACH CONTACT PERIOD	8 NO COACH CONTACT PERIOD
9 NO COACH CONTACT PERIOD	10 Strength & Conditioning 11:30am-12:30pm	11 Strength & Conditioning 11:30am-12:30pm	12 Strength & Conditioning 11:30am-12:30pm	13 Strength & Conditioning 11:30am-12:30pm	14 	15
16 	17 Strength & Conditioning 11:30am-12:30pm	18 Strength & Conditioning 11:30am-12:30pm 5-12 Westonka Passing Academy 7-12 Westonka Big Man OL/DL Camp 10:30am-11:45am MWHS South Fields	19 Strength & Conditioning 11:30am-12:30pm 5-12 Westonka Passing Academy 7-12 Westonka Big Man OL/DL Camp 10:30am-11:45am MWHS South Fields	20 Strength & Conditioning 11:30am-12:30pm 5-12 Westonka Passing Academy 7-12 Westonka Big Man OL/DL Camp 10:30am-11:45am MWHS South Fields	21 	22
23 	24 Strength & Conditioning 11:30am-12:30pm	25 Strength & Conditioning 11:30am-12:30pm	26 Strength & Conditioning 11:30am-12:30pm	27 Strength & Conditioning 11:30am-12:30pm	28 	29
30 	31 5-8 Grade WYF Developmental Camp 10:30am-11:45am MWHS South Fields 7-8 Grade Equipment Handout @8:00am - MWHS Weight Room					

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2023 MOUND WESTONKA WHITE HAWKS 7-8 GRADE FOOTBALL SCHEDULE


AUGUST - 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	31 5-8 Grade WYF Developmental Camp 10:30am-11:45am MWHS South Fields <i>7-8 Grade Equipment Handout @8:00am - MWHS Weight Room</i>	1 5-8 Grade WYF Developmental Camp 10:30am-11:45am MWHS South Fields	2 5-8 Grade WYF Developmental Camp 10:30am-11:45am MWHS South Fields	3 5-8 Grade WYF Developmental Camp 10:30am-11:45am MWHS South Fields	4	5
6	7 Strength & Conditioning 11:30am-12:30pm	8 Strength & Conditioning 11:30am-12:30pm <i>Parents/Players Meeting (7-12 Grade) @6:00pm - MWHS Gym</i>	9 Strength & Conditioning 11:30am-12:30pm	10 Strength & Conditioning 11:30am-12:30pm	11	12
13	14	15	16	17	18	19
20	21 7-8 Grade Football Season Begins 3:00pm-4:45pm (Field #12 - Track) <i>7-8 Grade Equipment Handout @2:00pm - MWHS Weight Room</i>	22 7-8 Grade Football Practice 3:00pm-4:45pm (Field #12 - Track)	23 7-8 Grade Football Practice 3:00pm-4:45pm (Field #12 - Track)	24 7-8 Grade Football Practice 3:00pm-4:45pm (Field #12 - Track)	25	26
27	28 7-8 Grade Football Practice 3:00pm-4:45pm (Field #12 & GMS)	29 7-8 Grade Football Practice 3:00pm-4:45pm (Field #12 & GMS)	30 7-8 Grade Football Practice 3:00pm-4:45pm (Field #12 & GMS)	31 7-8 Grade Football Practice 12:30pm-2:00pm (Field #12 & GMS)		

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2023 MOUND WESTONKA WHITE HAWKS 7-8 GRADE FOOTBALL SCHEDULE


SEPTEMBER - 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <i>NO PRACTICE (Labor Day Weekend)</i>	2 <i>NO PRACTICE (Labor Day Weekend)</i>
3 <i>NO PRACTICE (Labor Day Weekend)</i>	4 <i>NO PRACTICE (Labor Day Weekend)</i>	5 7-8 Grade Football Practice 3:00pm-4:45pm (Field #12 & GMS) First Day of School!	6 7-8 Grade Team Pictures @3:00pm (Field #12 & GMS) 7-8 Grade Practice After Pictures	7 7-8 Grade at Jordan @4:15pm	8 7-8 Strength & Conditioning 3:00pm-4:00pm (MWHs Weight Room)	9
10	11 7-8 Grade vs. Belle Plaine @4:15pm (Field #12 & GMS)	12 7-8 Grade Football Practice 3:00pm-4:45pm (Field #12 & GMS)	13 7-8 Grade Football Practice 3:00pm-4:45pm (Field #12 & GMS)	14 7-8 Grade at Watertown-Mayer @4:15pm	15 7-8 Strength & Conditioning 3:00pm-4:00pm (MWHs Weight Room)	16
17	18 7-8 Grade at St. Peter @4:15pm	19 7-8 Grade Football Practice 3:00pm-4:45pm (Field #12 & GMS)	20 7-8 Grade Football Practice 3:00pm-4:45pm (Field #12 & GMS)	21 7-8 Grade Football Practice 3:00pm-4:45pm (Field #12 & GMS)	22 7-8 Strength & Conditioning 3:00pm-4:00pm (MWHs Weight Room)	23
24	25 7-8 Grade vs. Rockford @4:30pm (Field #12 & GMS)	26 7-8 Grade Football Practice 3:00pm-4:45pm (Field #12 & GMS)	27 7-8 Grade Football Practice 3:00pm-4:45pm (Field #12 & GMS)	28 7-8 Grade at Hutchinson @4:15pm	29 7-8 Strength & Conditioning 3:00pm-4:00pm (MWHs Weight Room)	30

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2023 MOUND WESTONKA WHITE HAWKS 7-8 GRADE FOOTBALL SCHEDULE

OCTOBER - 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 7-8 Grade Football Practice 3:00pm-4:45pm <i>(Field #12 & GMS)</i>	3 7-8 Grade Football Practice 3:00pm-4:45pm <i>(Field #12 & GMS)</i>	4 7-8 Grade Football Practice 3:00pm-4:45pm <i>(Field #12 & GMS)</i>	5 7-8 Grade vs. Jordan @4:15pm <i>(Field #12)</i>	6 7-8 Strength & Conditioning 3:00pm-4:00pm <i>(MWHS Weight Room)</i>	7
8	9 7-8 Grade vs. Delano @4:15pm <i>(Field #12 & GMS)</i>	10 7-8 Grade Football Practice 3:00pm-4:45pm <i>(Field #12 & GMS)</i>	11 7-8 Grade Football Practice 3:00pm-4:45pm <i>(Field #12 & GMS)</i>	12 7-8 Grade Football Practice 3:00pm-4:45pm <i>(Field #12 & GMS)</i>	13 7-8 Strength & Conditioning 3:00pm-4:00pm <i>(MWHS Weight Room)</i>	14
15	16 7-8 Grade vs. Hutchinson @4:15pm <i>(Field #12 & GMS)</i>	17 7-8 Grade Pizza Party & Equipment Hand-In @3:00pm <i>(MWHS)</i>	18 Parent/Teacher Conferences No School	19 MEA Break No School	20 MEA Break No School	21
22	23	24	25	26	27	28
29	30	31				

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