

APPLE VALLEY FOOTBALL, JUNE 2024

SUNDAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Strength Testing/Study for finals 2:45 - 4:15	4 Strength Testing/Study for finals 2:45 - 4:15	5	6	7	8
9	10 Speed and Power 7:30 - 9:30 am	11 Speed and Power 7:30 - 9:30 am	12 Speed and Power 7:30 - 9:30 am 7 v 7	13 Speed and Power 7:30 - 9:30 am	14	15
16	17 Speed and Power 7:30 - 9:30 am 6th - 8th Youth OL/DL Camp Youth Skills Camp 7v7 10:30 - 11:30 am	18 Speed and Power 7:30 - 9:30 am 6th - 8th Youth OL/DL Camp Youth Skills Camp 7v7 10:30 - 11:30 am	19 OFF - Juneteenth	20 Speed and Power 7:30 - 9:30 am 6th - 8th Youth OL/DL Camp Youth Skills Camp 7v7 10:30 - 11:30 am	21 Golf Tournament	22
23 Park CG 7v7 6 - 8 pm	24 Speed and Power 7:30 - 9:30 am Eagan 7v7 1 - 3 pm 6th - 8th Youth OL/DL Camp Youth Skills Camp 7v7 10:30 - 11:30 am	25 Speed and Power 7:30 - 9:30 am 6th - 8th Youth OL/DL Camp Youth Skills Camp 7v7 10:30 - 11:30 am	26 Speed and Power 7:30 - 9:30 am 7 v 7 6th - 8th Youth OL/DL Camp Youth Skills Camp 7v7 10:30 - 11:30 am	27 Speed and Power 7:30 - 9:30 am 6th - 8th Youth OL/DL Camp Youth Skills Camp 7v7 10:30 - 11:30 am	28	29

APPLE VALLEY FOOTBALL, JULY 2024

SUNDAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
7	8 <i>Speed and Power</i> 7:30-9:30	9 <i>Speed and Power</i> 7:30-9:30	10 <i>Speed and Power</i> 7:30-9:30 Eagan 7v7 1 - 3 pm	11 <i>Speed and Power</i> 7:30-9:30	12 Equipment Hand Out Team Building Day 8am - 1 pm	13
14	15 <i>Speed and Power</i> Summer Practice #1 7:30 - 10:30 am *Youth Football Camps 6th - 8th 10:30 - 11:30, 3rd - 5th 11:30 - 12:30	16 <i>Speed and Power</i> Summer Practice #2 7:30 - 10:30 am *Youth Footb all Camps 6th - 8th 10:30 - 11:30, 3rd - 5th 11:30 - 12:30	17 <i>Speed and Power</i> Summer Practice #3 7:30 - 10:30 am *Youth Football Camps 6th - 8th 10:30 - 11:30, 3rd - 5th 11:30 - 12:30	18 <i>Speed and Power</i> Summer Practice #4 7:30 - 10:30 am *Youth Football Camps 6th - 8th 10:30 - 11:30, 3rd - 5th 11:30 - 12:30	19 <i>Speed and Power</i> Summer Practice #5 7:30 - 10:30 am	20
21	22 <i>Speed and Power</i> Summer Practice #6 7:30 - 10:30 am	23 <i>Speed and Power</i> Summer Practice #7 7:30 - 10:30 am	24 <i>Speed and Power</i> Summer Practice #8 7:30 - 10:30 am	25 <i>Speed and Power</i> Summer Practice #9 7:30 - 10:30 <i>Joint practice with Eastview</i>	26 Practice #10 Joint with Eastview 7:30-10:30	27
28	29 <i>Speed and Power</i> 7:30-9:30 VAA Clinic/Tryouts	30 <i>Speed and Power</i> 7:30-9:30 VAA Clinic/Tryouts	31 Pre-season Meeting 6 - 7 pm Practice #11 Under the lights 7 - 9 pm	Aug 1 <i>Speed and Power</i> 7:30-9:30 VAA Clinic/Tryouts	2 <i>Speed and Power</i> 7:30-9:30	3

APPLE VALLEY FOOTBALL, AUGUST 2024

SUNDAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5 <i>Speed, Power, 7:30 - 9:30</i> Testing Week or vacation	6 <i>Speed, Power, 7:30 - 9:30</i> Testing Week or vacation	7 <i>Speed, Power, 7:30 - 9:30</i> Testing Week or vacation	8 <i>Speed, Power, 7:30 - 9:30</i> Testing Week or vacation	9	10
11	12 Season Begins, Football Training Camp 7:30 am - 2:30 pm	13 Season Begins, Football Training Camp 7:30 am - 2:30 pm	14 Season Begins, Football Training Camp 7:30 am - 2:30 pm	15 Season Begins, Football Training Camp 7:30 am - 2:30 pm	16 Season Begins, Football Training Camp 7:30 am - 2:30 pm	17
18	19 Season Begins, Football Training Camp 7:30 am - 2:30 pm	20 Football Training Camp 7:30 am - 2:30 pm	21 Football Training Camp 2:30 - 6pm	22 Football Training Camp Under the lights practice, Family Night/Meat feed	23 Football Training Camp 2:30 - 6pm	24 Scrimmage
25	26 Practice 3 - 5:30 pm	27 Practice 3 - 5:30 pm	28 Practice 3 - 5:30 pm	29 First Game Home vs John Marshall	30 8 am - 10 am Film and Recovery	31 off
Sep 1	Sep 2: 3 - 6 pm practice	Sep 3	Sep 4	Sep 5	Sep 6	Sep 7

Potential College Camps(exposure) For Players To Attend On Their Own:

Iowa State, June 1st, All Skill Players, Saturday Night Lights Camp

<https://www.iowastatefootballcamps.com/saturday-night-lights.cfm>

Iowa State, June 1st, Big Man Camp

<https://www.iowastatefootballcamps.com/big-man-camps.cfm>

U of South Dakota, June 9th, Elite Skills All Positions Camp

<https://register.ryzer.com/camp.cfm?id=266759>

Minnesota MEGA Showcase, UW River Falls, June 12th(45+ colleges attend)

<http://www.riverfallsfootballcamps.com/camps.php>

North Dakota State, Overnight Camp, June 14 - 16th or 21st - 23rd

<https://www.ndsufootballcamps.com/2024individual-camp.cfm>

University Of Wisconsin(Badgers) Showcase Camp, June 16th all positions

<http://www.uwcamps.com/sport.aspx?id=1>

University of St, Thomas, June 22nd, HS Camp All Positions

<https://ustfootball.totalcamps.com/shop/product/267392>

UMN Duluth, July 10th, Offensive and Defensive Lineman

<https://bulldogsfootballcamps.totalcamps.com/shop/product/284523>