

# JUNE 2022



MON	TUE	WED	THU	FRI	SAT
		01	02	03	04
06  Weight Room Equipment 3:30pm	07  Weight Room Equipment 3:30pm	08  Weight Room Equipment 3:30pm	09  Weight Room Equipment 3:30pm	10  Weight Room 3:00pm	11
13  Summer Weight Lifting 8:00-11:00am  9 <sup>th</sup> Grade Camp 3:00pm  7 on 7 – Osseo Bus Leaves --	14  Mini-Camp 1 10:45am  9 <sup>th</sup> Grade Camp 3:00pm	15  Summer Weight Lifting 8:00-11:00am  Mini-Camp 1 10:45am  9 <sup>th</sup> Grade Camp 3:00pm	16  Summer Weight Lifting 8:00-11:00am  Mini-Camp 1 10:45am  9 <sup>th</sup> Grade Camp 3:00pm	17	18  Vikings Nike 7-on-7 7:00am-5:00pm
20  Summer Weight Lifting 8:00-11:00am  UMD Team Camp	21  UMD Team Camp	22  Summer Weight Lifting 8:00-11:00am  UMD Team Camp	23  Summer Weight Lifting 8:00-11:00am	24	25  OFF
27  Summer Weight Lifting 8:00-11:00am  7 on 7 – Osseo Bus Leaves 5:00pm	28	29  Summer Weight Lifting 8:00-11:00am	30  Summer Weight Lifting 8:00-11:00am	CHECK US OUT AT: <a href="https://www.facebook.com/IRONDALEKNIGHTSFOOTBALL">IRONDALEKNIGHTSFOOTBALL.COM</a> FOLLOW OUR PAGE ON FACEBOOK: @IRONDALEFOOTBALL FOLLOW US ON TWITTER: @IRON_FOOTBALL FOLLOW US ON INSTAGRAM: @IRONDALEFOOTBALL	

# JULY 2022



MON	TUE	WED	THU	FRI	SAT
				01	02 OFF
04	05	06	07	08	09  OFF
<b>MSHSL NO-CONTACT PERIOD</b> ----- <b>WEEK OFF</b> -----					
11  Summer Weight Lifting 8:00-11:00am  7 on 7 – Osseo Bus Leaves 5:00pm	12	13  Summer Weight Lifting 8:00-11:00am	14  Summer Weight Lifting 8:00-11:00am	15	16  OFF
18  Summer Weight Lifting 8:00-11:00am  7 on 7 – Osseo Bus Leaves 5:00pm	19	20  Summer Weight Lifting 8:00-11:00am	21  Summer Weight Lifting 8:00-11:00am	22	23  OFF
25  Summer Weight Lifting 8:00-11:00am  9 <sup>th</sup> Grade Camp 3:00pm  7 on 7 – Osseo Bus Leaves 5:00pm	26  Mini-Camp 2 10:45am  9 <sup>th</sup> Grade Camp 3:00pm	27  Summer Weight Lifting 8:00-11:00am  Mini-Camp 2 10:45am  9 <sup>th</sup> Grade Camp 3:00pm	28  Summer Weight Lifting 8:00-11:00am  Mini-Camp 2 10:45am  9 <sup>th</sup> Grade Camp 3:00pm	29	30  OFF

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# AUGUST 2022



MON	TUE	WED	THU	FRI	SAT
<b>01</b>  Summer Weight Lifting 8:00-11:00am	<b>02</b>  Youth Camp 6:00-7:30pm	<b>03</b>  Summer Weight Lifting 8:00-11:00am Youth Camp 6:00-7:30pm	<b>04</b>  Summer Weight Lifting 8:00-11:00am Youth Camp 6:00-7:30pm	<b>05</b>  OFF	<b>06</b>  OFF
<b>08</b>  Summer Weight Lifting 8:00-11:00am	<b>09</b>  OFF	<b>10</b>  Summer Weight Lifting 8:00-11:00am	<b>11</b>  OFF	<b>12</b>  OFF	<b>13</b>  Stockyard Days 8:00am
<b>15</b>  Meeting 7:45am Practice #1 8:30am Practice #2 12:00pm  <u>Freshman</u> 8:00-Noon	<b>16</b>  Weight Room 8:00am Practice #3 11:00am  <u>Freshman</u> 8:00-Noon	<b>17</b>  Meeting 7:45am Practice #4 8:30am Practice #5 12:00pm  <u>Freshman</u> 8:00-Noon  <b>**Gold Card Fundraiser Starts</b>	<b>18</b>  Weight Room 8:00am Practice #6 11:00am  <u>Freshman</u> 8:00-Noon	<b>19</b>  Meeting 7:45am Practice #7 8:30am Practice #8 12:00pm  <u>Freshman</u> 8:00-Noon	<b>20</b>  OFF
<b>22</b>  Meeting 12:00pm Practice #9 2:40pm  <u>Freshman</u> 1:00-4:00pm	<b>23</b>  Meeting 12:00pm Practice #10 2:40pm  <u>Freshman</u> 1:00-4:00pm	<b>24</b>  Meeting 8:00am Practice #11 8:30am Meeting 4:30pm  <u>Picture Night</u> 5:00pm  Scrimmage 6:00pm	<b>25</b>  Meeting 12:00pm Practice #12 2:40pm  <u>Freshman</u> 1:00-4:00pm  <b>**Blitz Night</b>	<b>26</b>  Meeting 12:00pm Practice #13 2:40pm  <u>Freshman</u> 1:00-4:00pm  <u>Watermelon Run</u> 4:30pm	<b>27</b>  Scrimmage TBD
<b>29</b>  Weight Room 2:00-3:00 Meeting 3:15pm Practice 4:30-6:30	<b>30</b>  Weight Room 2:00-3:00 Meeting 3:15pm Practice 4:30-6:30	<b>31</b>  Weight Room 2:00-3:00 Meeting 3:15pm Practice 4:30-6:30	CHECK US OUT AT : <a href="http://IRONDALEKNIGHTSFOOTBALL.COM">IRONDALEKNIGHTSFOOTBALL.COM</a> FOLLOW OUR PAGE ON FACEBOOK : <a href="https://www.facebook.com/IRONDALEFOOTBALL">@IRONDALEFOOTBALL</a> FOLLOW US ON TWITTER : <a href="https://twitter.com/IRON_FOOTBALL">@IRON_FOOTBALL</a> FOLLOW US ON INSTAGRAM : <a href="https://www.instagram.com/IRONDALEFOOTBALL">@IRONDALEFOOTBALL</a>		

# SEPTEMBER 2022



MON	TUE	WED	THU	FRI	SAT
			01  <i>Game vs Benilde St. Margaret's 7:00pm</i>	02  <i>Practice 8:00am-12:30pm</i>	03  <i>OFF</i>
05  <i>Practice 7:00-9:00pm</i>	06  <i>Meeting 3:00pm Practice 4:30-6:30pm</i>	07  <i>Meeting 3:00pm Practice 4:30-6:30pm</i>	08  <i>Game at Armstrong High School 7:00pm</i>	09	10
12  <i>Meeting 3:00pm Practice 4:30-6:30pm</i>	13  <i>Meeting 3:00pm Practice 4:30-6:30pm</i>	14  <i>Meeting 3:00pm Practice 4:30-6:30pm</i>	15  <i>Meeting 3:00pm Practice 4:30-6:30pm</i>	16  <i>Game at Tartan High School 7:00pm</i>	17
19  <i>Meeting 3:00pm Practice 4:30-6:30pm</i>	20  <i>Meeting 3:00pm Practice 4:30-6:30pm</i>	21  <i>Meeting 3:00pm Practice 4:30-6:30pm</i>	22  <i>Meeting 3:00pm Practice 4:30-6:30pm</i>	23  <i>Game vs Spring Lake Park 7:00pm</i>	24
26  <i>Meeting 3:00pm Practice 4:30-6:30pm</i>	27  <i>Meeting 3:00pm Practice 4:30-6:30pm</i>	28  <i>Meeting 3:00pm Practice 4:30-6:30pm</i>	29  <i>Meeting 3:00pm Practice 4:30-6:30pm</i>	30  <i>Game at St. Thomas Academy 7:00pm</i>	

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# OCTOBER 2022



MON	TUE	WED	THU	FRI	SAT
					01
03  Meeting 3:00pm Practice 4:30-6:30pm	04  Meeting 3:00pm Practice 4:30-6:30pm	05  Meeting 3:00pm Practice 4:30-6:30pm	06  Meeting 3:00pm Practice 4:30-6:30pm	07  Game vs Cretin-Derham Hall 7:00pm	08
10  Meeting 3:00pm Practice 4:30-6:30pm	11  Meeting 3:00pm Practice 4:30-6:30pm	12  Meeting 3:00pm Practice 4:30-6:30pm	13  Meeting 3:00pm Practice 4:30-6:30pm	14  Game at Cooper High School 7:00pm	15
17  Meeting 3:00pm Practice 4:30-6:30pm	18  Meeting 3:00pm Practice 4:30-6:30pm	19  Game vs Apple Valley High School 7:00pm	20  Practice 8:00-11:00m	21  Practice 8:00-11:00m	22  Practice TBD 8:00-10:00m
24	25	26	27	28	29
31		CHECK US OUT AT : <a href="https://www.irondaleknightsfootball.com">IRONDALEKNIGHTSFOOTBALL.COM</a> FOLLOW OUR PAGE ON FACEBOOK : @IRONDALEFOOTBALL FOLLOW US ON TWITTER : @IRON_FOOTBALL FOLLOW US ON INSTAGRAM : @IRONDALEFOOTBALL			