

# 2023 HIGHLANDER FOOTBALL SPRING TRAINING SCHEDULE

## APRIL

16	17 Shirt/Helmet 3:15-5:15	18 Shirt/Helmet 3:15-5:15	19 Shell 3:15-5:15	20 Area Track <b>NO PRACTICE</b>	21 <b>Full</b> 3:15-5:15	22
23/30	24 Shells-3rd Only <b>NO PRACTICE</b>	25 EOC <b>NO PRACTICE</b>	26 Full 3:15-5:15	27 Full-3rd <b>NO PRACTICE</b>	28 Regional Track <b>Physicals</b> <b>NO PRACTICE</b>	29

## MAY

	1 Full 3:15-5:15	2 Full 3:15-5:15	3 Shell 3:15-5:15	4 Full <b>SCRIMMAGE</b> 6:00-7:30	5 <b>Shell-3rd</b> <b>NO PRACTICE</b>	6
7	8 Full 3:15-5:15	9 Full 3:15-5:15	10 Shell 3:15-5:15	11 Full <b>SCRIMMAGE</b> 6:00-7:30	12 <b>NO PRACTICE</b>	13
14	15 QBC GOLF TOURNAMENT <b>NO PRACTICE</b>	16 <b>FULL</b> 3:15-5:15	17 3RD-JERSEYS <b>5PM SPRING GAME</b> <b>7PM GREEN/WHITE</b> <b>SPRING GAME</b>	18	19 EQUIPMENT PICK-UP	20

**TIMES-Varsity/JV**  
3rd-11:30-12:20  
After-School-3:15-5:15  
Scrimmages-6:00-7:30

**TIMES-Freshmen**  
4th-1:30-2:50

