|  |  |
| --- | --- |
| July CMS Football Schedule |  |
|  | 2025 |
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|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  | **1** | **2** | **3** | **4** | **5** |
|  |  | **STATE MADATED DEAD PERIOD OFF** | **STATE MANDATED DEAD PERIOD OFF** | **STATE MANDATED DEAD PERIOD OFF** | **STATE MANDATED DEAD PERIOD OFF** |  |
| **6** | **7** | **8** | **9** | **10** | **11** | **12** |
|  | **Weights 8:00-9:00 AM**  **Practice 9:00-10:15 AM** | **Weights 8:00-9:00 AM**  **Practice 9:00-10:15 AM** | **Speed and Agility 8:00-9:00 AM**  **Practice 9:00-10:15 AM** | **Weights 8:00-9:00 AM**  **Practice 9:00-10:15 AM** | **OFF** |  |
| **13** | **14** | **15** | **16** | **17** | **18** | **19** |
|  | **Weights 3:00-4:00 PM**  **Practice 4:00-5:15 PM** | **Weights 3:00-4:00 PM**  **Practice 4:00-5:15 PM** | **Speed and Agility 3:00-4:00 PM**  **Practice 4:00-5:15 PM** | **Weights 3:00-4:00 PM**  **Practice 4:00-5:15 PM** | **OFF** |  |
| **20** | **21** | **22** | **23** | **24** | **25** | **26** |
|  | **STATE MANDATED DEAD PERIOD OFF** | **STATED MANDATED DEAD PERIOD OFF** | **STATE MANDATED DEAD PERIOD OFF** | **STATE MANDATED DEAD PERIOD OFF** | **STATE MANDATED DEAD PERIOD OFF** |  |
| **27** | **28** | **29** | **30** | **31** |  |  |
|  | **Weights 3:00-4:00 PM**  **Practice 4:00-5:15 PM** | **Weights 3:00-4:00 PM**  **Practice 4:00-5:15 PM** | **7 on 7 at Owen High School**  **Lineman Practice 4:00-5:15 PM** | **Weights 3:00-4:00 PM**  **Practice 4:00-5:15 PM** |  |  |