



UNIVERSITY OF ARIZONA

FULL YEAR LACROSSE CALENDAR

2025 - 2026

MAY 2025

SUNSET TIMES: 5:20PM						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:55PM				1	2	3
				U OF A APPLICATION DEADLINE		
FORMAL SPRING SEASON						
5:00PM	4	5	6	7	8	9
MCLA NATIONAL TOURNAMENT						
FORMAL SPRING SEASON						
5:06PM	11	12	13	14	15	16
FINALS WEEK						
5:13PM						FULL TEAM MANDATORY BANQUET WITH ALUMNI & ALL SUPPORTERS VENTANA CANYON BALLROOM.
	18	19	20	21	22	23
5:20PM						
					ALL CLUB FIELD RESERVATIONS DUE	24
	25	26	27	28	29	30
					LOCK SPRING GAME SCHEDULE	31

JUNE 2025

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:55PM	1 SEE SUMMER WORKOUT SHEETS UPLOADED TO STACK	2 LOWER BODY LIFT WALL BALL WORKOUT START SUMMER WORKOUTS	3 1 MILE RUN (UNDER 7 MIN.)	4 BACK/BICEPS WALL BALL WORKOUT	5 SPRINTS - 4 GASSERS IN 4 MIN.	6 CHEST/ARMS WALL BALL WORKOUT	7
5:00PM	8	9 LOWER BODY LIFT WALL BALL WORKOUT	10 1 MILE RUN (UNDER 7 MIN.)	11 BACK/BICEPS WALL BALL WORKOUT	12 SPRINTS - 4 GASSERS IN 4 MIN.	13 CHEST/ARMS WALL BALL WORKOUT	14 ADRENALINE PROSPECT DAY SAN DIEGO
5:06PM	15	16 LOWER BODY LIFT WALL BALL WORKOUT	17 1 MILE RUN (UNDER 7 MIN.)	18 BACK/BICEPS WALL BALL WORKOUT	19 SPRINTS - 4 GASSERS IN 4 MIN.	20 CHEST/ARMS WALL BALL WORKOUT	21
5:13PM	22 YOUTH CLINIC 8AM - 10AM SITTON FIELD	23 LOWER BODY LIFT WALL BALL WORKOUT	24 1 MILE RUN (UNDER 7 MIN.)	25 BACK/BICEPS WALL BALL WORKOUT	26 SPRINTS - 4 GASSERS IN 4 MIN.	27 CHEST/ARMS WALL BALL WORKOUT	28
SUNSET TIMES: 5:20PM	29	30 LOWER BODY LIFT WALL BALL WORKOUT					<div><div>SITTON</div><div>MAC INDOOR</div><div>RINCON VISTA</div><div>FRONT FOOT</div><div>NORTH CR</div></div>

JULY 2025							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:55PM			1	2	3	4	5
			1 MILE RUN (UNDER 7 MIN.)	BACK/BICEPS WALL BALL WORKOUT	SPRINTS - 4 GASSERS IN 4 MIN.	CHEST/ARMS WALL BALL WORKOUT	
5:00PM	6	7	8	9	10	11	12
		LOWER BODY LIFT WALL BALL WORKOUT	1 MILE RUN (UNDER 7 MIN.)	BACK/BICEPS WALL BALL WORKOUT	SPRINTS - 4 GASSERS IN 4 MIN.	CHEST/ARMS WALL BALL WORKOUT	TRIBZ FRESHMAN TOURNAMENT
5:06PM	13	14	15	16	17	18	19
	TRIBZ FRESHMAN TOURNAMENT	LOWER BODY LIFT WALL BALL WORKOUT	1 MILE RUN (UNDER 7 MIN.)	BACK/BICEPS WALL BALL WORKOUT	SPRINTS - 4 GASSERS IN 4 MIN.	CHEST/ARMS WALL BALL WORKOUT	
5:13PM	20	21	22	23	24	25	26
	YOUTH CLINIC 8AM - 10AM SITTON FIELD	LOWER BODY LIFT WALL BALL WORKOUT	1 MILE RUN (UNDER 7 MIN.)	BACK/BICEPS WALL BALL WORKOUT	SPRINTS - 4 GASSERS IN 4 MIN.	CHEST/ARMS WALL BALL WORKOUT	BOX LEAGUE GAMES WEEKEND 1
SUNSET TIMES: 5:20PM	27	28	29	30	31		
		LOWER BODY LIFT WALL BALL WORKOUT	CALGARY SHOWCASE  BOX PRACTICE YOUTH - MARACANA  1 MILE RUN (UNDER 7 MIN.)	CALGARY SHOWCASE  BACK/BICEPS WALL BALL WORKOUT	SPRINTS - 4 GASSERS IN 4 MIN.		<div><div></div> SITTON</div> <div><div></div> MAC INDOOR</div> <div><div></div> RINCON VISTA</div> <div><div></div> FRONT FOOT</div> <div><div></div> NORTH CR</div>

SATURDAY

5

## CHEST/ARMS WALL BALL WORKOUT

12

## CHEST/ARMS WALL BALL WORKOUT

19

## CHEST/ARMS WALL BALL WORKOUT

26

## CHEST/ARMS WALL BALL WORKOUT

31

SPRINTS - 4 GASSERS  
IN 4 MIN.

- SITTON
- MAC INDOOR
- RINCON VISTA
- FRONT FOOT
- NORTH CB

**SUNSET TIMES: 5:20PM**

AUGUST 2025

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
7:20PM										1		2	
										CHEST/ARMS WALL BALL WORKOUT			
7:11PM	3	4	5	6	7	8	9						
		LOWER BODY LIFT WALL BALL WORKOUT	1 MILE RUN (UNDER 7 MIN.)	BACK/BICEPS WALL BALL WORKOUT	SPRINTS - 4 GASSERS IN 4 MIN.	CHEST/ARMS WALL BALL WORKOUT							
7:02PM	10	11	12	13	14	15	16						
		LOWER BODY LIFT WALL BALL WORKOUT	1 MILE RUN (UNDER 7 MIN.)	BACK/BICEPS WALL BALL WORKOUT	SPRINTS - 4 GASSERS IN 4 MIN.	CHEST/ARMS WALL BALL WORKOUT							
6:52PM	17	18	19	20	21	22	23						
	YOUTH CLINIC 8AM - 10AM SITTON FIELD	LOWER BODY LIFT WALL BALL WORKOUT	1 MILE RUN (UNDER 7 MIN.)	BACK/BICEPS WALL BALL WORKOUT	SPRINTS - 4 GASSERS IN 4 MIN.		CLUB MEETING 2 OFFICERS REQUIRED						
6:42PM	24	25	26	27	28	29	30						
	REC BASH			1ST LACROSSE MEETING MULTI-PURPOSE ROOM (REC) 7PM									
SUNSET TIMES: 6:42PM	31	UNIV. OF ARIZONA FALL CLASSES START											

- SITTON
- MAC INDOOR
- RINCON VISTA
- FRONT FOOT
- NORTH CR

SEPTEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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<p> <b>ONLINE FINAL</b> </p>	<p> <b>FALL TRYOUTS</b> </p>	<p> <b>FALL TRYOUTS</b> </p>
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ONLINE FINAL DUE DATE	7-9PM ONLINE	7-9PM ONLINE

7		FOR TRYOUT		SITTON FIELD	SITTON FIELD
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		SIGN-UP			
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SUNSET TIMES: 6:42PM

6

FALL TRYOUTS  
7-9PM  
SITTON FIELD

13

PLAYER INTERVIEWS

9AM - 5PM

20







RED/BLUE GAME  
SITTON FIELD  
10AM

27

RECOVER DAY

OPTIONAL PRACTICES:

WALL BALL  
(REC. RACQUETBALL COURTS)

 SITTON  
 MAC INDOOR  
 RINCON VISTA  
 FRONT FOOT  
 NORTH CR  
 REC. RB COURTS

OCTOBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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			1	2	3	4
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[illegible][illegible]

38	LIFT - FRONT FOOT 7:30 - 8:15PM-DEFENSE	RECOVER DAY
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6		8:15PM - 9PM - OFFENSE	DINCON/VISTA	OPTIONAL PRACTICES:
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		FILM STUDY	RINCÓN VISTA FIELD PRACTICE	OF HONOLULU TRAILS:
				WALL BALI

		O-7:30-8:15PM/D-8:15-9PM	4:30-6:00PM	(REC. RACQUETBALL COURTS)
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11	10	9	8	7	6	5	4	3	2	1
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M	LIFT - FRONT FOOT	BOX PRACTICE 6:45-8AM	SCRIMMAGE
	7:30 - 8:10PM-OFFENSE	LIFT - FRONT FOOT	

7:30 - 8:00PM - DEFENSE	LIFT - FRONT FOOT	RECOVER DAY	TO BE ANNOUNCED
8:10 - 8:50PM - DEFENSE	7:30 - 8:15PM - DEFENSE		

6:30	FILM STUDY	8:15PM - 9PM - DEFENSE	RECOVER DAY	SITTING
			OPTIONAL PRACTICES:	12:30AM

	0-7:30-8:10PM/D-8:10-50PM	RINCON VISTA FIELD PRACTICE	FILM STUDY	RINCON VISTA FIELD PRACTICE	OPTIONAL PRACTICES:	10:30AM
					WALL BALL	

8:45PM-10:00PM-SITTON	FIELD 13-2018E 5:00-6:30PM	0-7:30-8:15PM/D-8:15-9PM	FIELD 13-2018E 5:00-6:30PM	WALL BALL (REC. RACQUETBALL COURTS)
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10	11	12	13	14	15	16	17	18
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1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
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<p>YOUTH CLINIC</p> <p>LIFT - FRONT FOOT</p> <p>7:30 - 8:10PM OFFENSE</p>	<p>BOX PRACTICE 6:45-8AM</p>
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8AM - 10AM	7:30 - 8:00PM - INTERSE 8:10 - 8:50PM - DEFENSE	LIFT - FRONT FOOT 7:30 - 8:15PM - DEFENSE	RECOVER DAY
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6:30	SITTON FIELD	FILM STUDY	7:30 - 8:15PM-DEFENSE	RECOVER DAY
			8:15PM - 9PM - OFFENSE	OPTIONAL PRACTICES:

	0-7:30-8:10PM-D-8:10-50PM	RINCON VISTA FIELD PRACTICE	FIL M STUDY	RINCON VISTA FIELD PRACTICE	OPTIONAL PRACTICES: WALL BALL
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	8:45PM-10:00PM-SITTON	FIELD FRACISE 5:00-6:30PM	RECREATION O-7:30-8:15PM/D-8:15-9PM	FIELD FRACISE 5:00-6:30PM	WALL BALL (REC. RACQUETBALL COURTS)
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19	20	21	22	23	24	25
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Category	Value
Category 1	10
Category 2	20
Category 3	30
Category 4	40
Category 5	50
Category 6	60
Category 7	70
Category 8	80
Category 9	90
Category 10	100

	LIFT - FRONT FOOT 7:25-8:00 AM	BOX PRACTICE 6:45-8AM		HOPE A
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ALUMNI GAME	7:30 - 8:10PM-OFFENSE	LIFT - FRONT FOOT	RECOVER DAY	PROSPECT CAMP
% AFTER PARTY	8:10 - 8:50PM - DEFENSE	7:30 - 8:10PM-DEFENSE		

6:15	Q & A AFTER PARTY O'MAL   FYS ON 4TH	FIL M STUDY	7:30 - 8:15PM-DEFENSE	RECOVER DAY	9AM - 2PM
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0-7:30-8:10PM/D-8:10-50PM	RINCON VISTA FIELD PRACTICE	RINCON VISTA FIELD PRACTICE	OPTIONAL PRACTICES:
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8:45PM-10:00PM-SITTING	FIELD PRACTICE	TEAM STUDY	FIELD PRACTICE	WALL BALL
5:00-6:30PM	5:00-6:30PM	0-7:30-8:15PM/D-8:15-9PM	5:00-6:30PM	(REC. RACQUETBALL COURTS)

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LIFT - FRONT FOOT BOX PRACTICE 6:45-8AM MAC INDOOR

	7:30 - 8:10PM-OFFENSE	LIFT - FRONT FOOT	RECOVER DAY	RINCON VISTA
8:10 - 8:50PM- DEFENSE				

TIME	FILM STUDY	7:30 - 8:15PM-DEFENSE	RECOVER DAY	FRONT FOOT
		8:15PM - 9PM - OFFENSE		

0-7:30-8:10PM/D-8:10-50PM	RINCON VISTA FILM STUDY	8:15PM-9PM-OPENSE FILM STUDY	RINCON VISTA	OPTIONAL PRACTICES:	NORTH CR
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	8:45PM-10:00PM-SITTON	FIELD PRACTICE 5:00-6:30PM	FILM STUDY O-7:30-8:15PM/D-8:15-9PM	FIELD PRACTICE 5:00-6:30PM	WALL BALL (REC. BACKETBALL COURTS)	REC. RB COURTS
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3.00-3.50 M	3.50-4.00 M	4.00-4.50 M	4.50-5.00 M	5.00-5.50 M	(REG. HOCKEY/BALL COURTS)
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NOVEMBER 2025									
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
5:01PM							1  VEGAS TOURNAMENT MCLA SAT ONLY 3 GAMES		
							U OF A SPRING APP DEADLINE		
4:56PM	2	3  LIFT - FRONT FOOT 7:30 - 8:10PM-OFFENSE 8:10 - 8:50PM - DEFENSE  FILM STUDY 0-7:30-8:10PM/D-8:10-50PM  8:45PM-10:00PM-SITTON	4    RINCON VISTA FIELD PRACTICE 5:00-6:30PM	5  BOX PRACTICE 6:45-8AM  LIFT - FRONT FOOT 7:30 - 8:15PM-DEFENSE 8:15PM - 9PM - OFFENSE  FILM STUDY 0-7:30-8:15PM/D-8:15-9PM	6    RINCON VISTA FIELD PRACTICE 5:00-6:30PM	7   RECOVER DAY  OPTIONAL PRACTICES:  WALL BALL (REC. RACQUETBALL COURTS)	8		
	4:50PM	9  YOUTH CLINIC 8AM - 10AM SITTON FIELD	10  LIFT - FRONT FOOT 7:30 - 8:10PM-OFFENSE 8:10 - 8:50PM - DEFENSE  FILM STUDY 0-7:30-8:10PM/D-8:10-50PM  8:45PM-10:00PM-SITTON	11    RINCON VISTA FIELD PRACTICE 5:00-6:30PM	12  BOX PRACTICE 6:45-8AM  LIFT - FRONT FOOT 7:30 - 8:15PM-DEFENSE 8:15PM - 9PM - OFFENSE  FILM STUDY 0-7:30-8:15PM/D-8:15-9PM	13    RINCON VISTA FIELD PRACTICE 5:00-6:30PM	14   RECOVER DAY  OPTIONAL PRACTICES:  WALL BALL (REC. RACQUETBALL COURTS)	15   SCRIMMAGE TBA	
		4:47PM	16	17  LIFT - FRONT FOOT 7:30 - 8:10PM-OFFENSE 8:10 - 8:50PM - DEFENSE  FILM STUDY 0-7:30-8:10PM/D-8:10-50PM  8:45PM-10:00PM-SITTON	18    RINCON VISTA FIELD PRACTICE 5:00-6:30PM	19  BOX PRACTICE 6:45-8AM  LIFT - FRONT FOOT 7:30 - 8:15PM-DEFENSE 8:15PM - 9PM - OFFENSE  FILM STUDY 0-7:30-8:15PM/D-8:15-9PM	20    RINCON VISTA FIELD PRACTICE 5:00-6:30PM	21   RECOVER DAY  OPTIONAL PRACTICES:  WALL BALL (REC. RACQUETBALL COURTS)	22  <div><div>SITTON</div><div>MAC INDOOR</div><div>RINCON VISTA</div><div>FRONT FOOT</div><div>NORTH CR</div><div>REC. RB COURTS</div></div>
			SUNSET TIMES: 4:45PM	23	24	25	26	27	28
30					THANKSGIVING				



## DECEMBER 2025

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:44PM			1	2	3	4	5	6
			LIFT - FRONT FOOT 7:30 - 8:10PM-OFFENSE 8:10 - 8:50PM - DEFENSE		BOX PRACTICE 6:45-8AM		RECOVER DAY	TEAM 480 SCRIMMAGE NOON
			FILM STUDY 0-7:30-8:10PM/D-8:10-50PM	RINCON VISTA FIELD PRACTICE 5:00-6:30PM	LIFT - FRONT FOOT 7:30 - 8:15PM-DEFENSE 8:15PM - 9PM - OFFENSE	RINCON VISTA FIELD PRACTICE 5:00-6:30PM	OPTIONAL PRACTICES:	
			8:45PM-10:00PM-SITTON		FILM STUDY 0-7:30-8:15PM/D-8:15-9PM		WALL BALL (REC. RACQUETBALL COURTS)	
4:44PM	7	8	9	10	11	12	13	
	YOUTH CLINIC 8AM - 10AM SITTON FIELD			UNIV. OF ARIZONA LAST DAY OF CLASS		UNIV. OF ARIZONA FINAL EXAMS		
4:45PM	14	15	16	17	18	19	20	
	UNIV. OF ARIZONA FINAL EXAMS						<div>SITTON</div> <div>MAC INDOOR</div> <div>RINCON VISTA</div> <div>FRONT FOOT</div> <div>NORTH CR</div>	
4:48PM	21	22	23	24	25	26	27	
					CHRISTMAS			
SUNSET TIMES: 4:52PM	28	29	30	31				

JANUARY 2026

SATURDAY

UNSET TIMES: 5:20PM

## WINTER BREAK

10

WINTER BREAK

17

## START SPRING

24

MEDIA DAY

ARIZONA STADIUM

OFF

FORMAL SPRING SEASON

31

RINCON VISTA  
FIELD PRACTICE  
5:30-6:30PM  
SPECIAL TEAMS  
SKELETON/COND.

OFF

FORMAL SPRING SEASON

FEBRUARY 2026

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:55PM	1 OFF	WM 2 LIFT - FRONT FOOT 7:30 - 8:10PM-OFFENSE 8:10 - 8:50PM - DEFENSE FILM STUDY 0-7:30-8:10PM/D-8:10-50PM 8:45PM-10:00PM-SITTON	WM 3 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	WM 4 BOX PRACTICE 6:45-8AM LIFT - FRONT FOOT 7:30 - 8:15PM-DEFENSE 8:15PM - 9PM - OFFENSE FILM STUDY 0-7:30-8:15PM/D-8:15-9PM	WM 5 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	WM 6 RINCON VISTA FIELD PRACTICE 5:30-6:30PM SPECIAL TEAMS SKELETON/COND.	WM 7 OFF
FORMAL SPRING SEASON							
5:00PM	WM 8 OFF	9 LIFT - FRONT FOOT 7:30 - 8:10PM-OFFENSE 8:10 - 8:50PM - DEFENSE FILM STUDY 0-7:30-8:10PM/D-8:10-50PM 8:45PM-10:00PM-SITTON	10 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	11 BOX PRACTICE 6:45-8AM LIFT - FRONT FOOT 7:30 - 8:15PM-DEFENSE 8:15PM - 9PM - OFFENSE FILM STUDY 0-7:30-8:15PM/D-8:15-9PM	12 RINCON VISTA 5:30-6:30PM SCOUT WALK-THOUGH AND FULL PREGAME	13 TRAVEL DAY VAN PICKUP AT 9AM (ELLER) TEAM DINNER 7PM	14 USC AWAY GAME 1PM (TBC)
FORMAL SPRING SEASON							
5:06PM	15 SSU AWAY GAME 10AM TIME NOT CONF.	16 FILM STUDY 0-7:30-8:10PM/D-8:10-50PM PRESIDENTS DAY NO SCHOOL	17 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	18 BOX PRACTICE 6:45-8AM LIFT - FRONT FOOT 7:30 - 8:15PM-DEFENSE 8:15PM - 9PM - OFFENSE FILM STUDY 0-7:30-8:15PM/D-8:15-9PM	19 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	20 RINCON VISTA 5:30-6:30PM SCOUT WALK-THOUGH AND FULL PREGAME	21 UCLA HOME GAME SITTON FIELD 1PM (CONFIRMED)
FORMAL SPRING SEASON							
5:13PM	22 YOUTH CLINIC 8AM - 10AM SITTON FIELD	23 LIFT - FRONT FOOT 7:30 - 8:10PM-OFFENSE 8:10 - 8:50PM - DEFENSE FILM STUDY 0-7:30-8:10PM/D-8:10-50PM 8:45PM-10:00PM-SITTON	24 RINCON VISTA FIELD PRACTICE 5:00-6:30PM	25 RINCON VISTA 5:30-6:30PM SCOUT WALK-THOUGH AND FULL PREGAME	26 TRAVEL DAY DEPART FOR DALLAS TUC/DAL 12:05AM - 7:40PM	27 SMU AWAY GAME 7:30PM (CONFIRMED) 11AM - SCOUT WALK-THRU 4PM - TEAM DINNER 6PM - LEAVE HOTEL	28 11AM - SCOUT WALK-THRU FULL PREGAME IN TEXAS TEAM DINNER 7PM
FORMAL SPRING SEASON							
SUNSET TIMES: 5:20PM							<div>SITTON</div> <div>MAC INDOOR</div> <div>RINCON VISTA</div> <div>FRONT FOOT</div> <div>NORTH CR</div> <div>TRAVEL DAY</div> <div>GAME DAY/SITTON</div>

MARCH 2026

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:55PM	<div>1</div> <div>UT</div> <div>AWAY GAME NOON (CONFIRMED)</div> <div>10AM - LEAVE HOTEL NOON - TEXAS GAME 3PM - GO TO AIRPORT</div>	<div>2</div> <div></div> <div>FILM STUDY 0-7:30-8:10PM/D-8:10-50PM</div>	<div>3</div> <div></div> <div>RINCON VISTA FIELD PRACTICE 5:00-6:30PM</div>	<div>4</div> <div>BOX PRACTICE 6:45-8AM</div> <div>LIFT - FRONT FOOT 7:30 - 8:15PM-DEFENSE 8:15PM - 9PM - OFFENSE</div> <div>FILM STUDY 0-7:30-8:15PM/D-8:15-9PM</div>	<div>5</div> <div></div> <div>RINCON VISTA FIELD PRACTICE 5:00-6:30PM</div>	<div>6</div> <div></div> <div>RINCON VISTA 5:30-6:30PM SCOUT WALK-THOUGH AND FULL PREGAME</div>	<div>7</div> <div>SDSU</div> <div>HOME GAME 1PM SITTON</div> <div>FIRST DAY OF SPRING BREAK</div>
5:00PM	<div>8</div> <div></div> <div></div>	<div>9</div> <div></div> <div></div>	<div>10</div> <div></div> <div></div>	<div>11</div> <div></div> <div></div>	<div>12</div> <div></div> <div></div>	<div>13</div> <div></div> <div></div>	<div>14</div> <div></div> <div></div>
5:06PM	<div>15</div> <div></div> <div>LAST DAY OF SPRING BREAK</div>	<div>16</div> <div>LIFT - FRONT FOOT 7:30 - 8:10PM-OFFENSE 8:10 - 8:50PM - DEFENSE</div> <div>FILM STUDY 0-7:30-8:10PM/D-8:10-50PM 8:45PM-10:00PM-SITTON</div>	<div>17</div> <div>ST PATRICK'S DAY</div> <div>RINCON VISTA FIELD PRACTICE 5:00-6:30PM</div>	<div>18</div> <div>BOX PRACTICE 6:45-8AM</div> <div>LIFT - FRONT FOOT 7:30 - 8:15PM-DEFENSE 8:15PM - 9PM - OFFENSE</div> <div>FILM STUDY 0-7:30-8:15PM/D-8:15-9PM</div>	<div>19</div> <div></div> <div>RINCON VISTA FIELD PRACTICE 5:00-6:30PM</div>	<div>20</div> <div></div> <div>RINCON VISTA 5:30-6:30PM SCOUT WALK-THOUGH AND FULL PREGAME</div>	<div>21</div> <div>A&amp;M</div> <div>HOME GAME 12PM SITTON</div>
5:13PM	<div>22</div> <div>YOUTH CLINIC 8AM - 10AM SITTON FIELD</div>	<div>23</div> <div>UW</div> <div>HOME GAME 5PM SITTON</div>	<div>24</div> <div></div> <div>RINCON VISTA FIELD PRACTICE 5:00-6:30PM</div>	<div>25</div> <div></div> <div>RINCON VISTA 5:30-6:30PM SCOUT WALK-THOUGH AND FULL PREGAME</div>	<div>26</div> <div>TRAVEL DAY</div> <div>FLIGHT FROM TUC/MSP 1:37PM - 8:59PM FLIGHTS</div>	<div>27</div> <div>UM</div> <div>AWAY GAME</div> <div>11AM - SCOUT WALK-THRU 4PM - TEAM DINNER 6PM - LEAVE HOTEL 7:30PM - MINN. GAME</div>	<div>28</div> <div></div> <div>11AM - SCOUT WALK-THRU FULL PREGAME</div> <div>TEAM DINNER 7PM</div>
5:20PM	<div>29</div> <div>FSU</div> <div>AWAY GAME 10AM SITTON</div> <div>10AM - LEAVE HOTEL NOON - FSU GAME 3PM - GO TO AIRPORT</div>	<div>30</div> <div>RECOVERY DAY FILM ONLY 6:00PM - 8:00PM</div>	<div>31</div> <div></div> <div>RINCON VISTA FIELD PRACTICE 5:00-6:30PM</div>				<div>SITTON</div> <div>MAC INDOOR</div> <div>RINCON VISTA</div> <div>FRONT FOOT</div> <div>NORTH CR</div> <div>TRAVEL DAY</div> <div>GAME DAY/SITTON</div>

APRIL 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div>SITTON</div> <div>MAC INDOOR</div> <div>RINCON VISTA</div> <div>FRONT FOOT</div> <div>NORTH CR</div> <div>TRAVEL DAY</div> <div>GAME DAY/SITTON</div>		1 <div>BOX PRACTICE 6:45-8AM</div> <div>LIFT - FRONT FOOT 7:30 - 8:15PM-DEFENSE 8:15PM - 9PM - OFFENSE</div> <div>FILM STUDY 0-7:30-8:15PM/D-8:15-9PM</div>	2 <div>RINCON VISTA FIELD PRACTICE 5:00-6:30PM</div>	3 <div>RINCON VISTA 5:30-6:30PM SCOUT WALK-THOUGH AND FULL PREGAME</div>	4 <div>CU</div> <div>HOME GAME SITTON FIELD 1PM</div> <div>EASTER WEEKEND</div>
5 <div>OFF</div>	6 <div>LIFT - FRONT FOOT 7:30 - 8:10PM-OFFENSE 8:10 - 8:50PM - DEFENSE</div> <div>FILM STUDY 0-7:30-8:10PM/D-8:10-50PM</div> <div>8:45PM-10:00PM-SITTON</div>	7 <div>RINCON VISTA FIELD PRACTICE 5:00-6:30PM</div>	8 <div>BOX PRACTICE 6:45-8AM</div> <div>LIFT - FRONT FOOT 7:30 - 8:15PM-DEFENSE 8:15PM - 9PM - OFFENSE</div> <div>FILM STUDY 0-7:30-8:15PM/D-8:15-9PM</div>	9 <div>RINCON VISTA FIELD PRACTICE 5:00-6:30PM</div>	10 <div>RINCON VISTA 5:30-6:30PM SCOUT WALK-THOUGH AND FULL PREGAME</div>	11 <div>GCU</div> <div>HOME GAME SITTON FIELD 1PM</div>
FORMAL SPRING SEASON						
12 <div>OFF</div>	13 <div>LIFT - FRONT FOOT 7:30 - 8:10PM-OFFENSE 8:10 - 8:50PM - DEFENSE</div> <div>FILM STUDY 0-7:30-8:10PM/D-8:10-50PM</div> <div>8:45PM-10:00PM-SITTON</div>	14 <div>RINCON VISTA FIELD PRACTICE 5:00-6:30PM</div>	15 <div>BOX PRACTICE 6:45-8AM</div> <div>LIFT - FRONT FOOT 7:30 - 8:15PM-DEFENSE 8:15PM - 9PM - OFFENSE</div> <div>FILM STUDY 0-7:30-8:15PM/D-8:15-9PM</div>	16 <div>RINCON VISTA FIELD PRACTICE 5:00-6:30PM</div>	17 <div>RINCON VISTA 5:30-6:30PM SCOUT WALK-THOUGH AND FULL PREGAME</div>	18 <div>ASU</div> <div>AWAY GAME 1PM</div> <div>9AM VAN DEPARTURE FROM ELLER</div>
FORMAL SPRING SEASON						
19 <div>OFF</div>	20 <div>LIFT - FRONT FOOT 7:30 - 8:10PM-OFFENSE 8:10 - 8:50PM - DEFENSE</div> <div>FILM STUDY 0-7:30-8:10PM/D-8:10-50PM</div> <div>8:45PM-10:00PM-SITTON</div>	21 <div>RINCON VISTA FIELD PRACTICE 5:00-6:30PM</div>	22 <div>BOX PRACTICE 6:45-8AM</div> <div>LIFT - FRONT FOOT 7:30 - 8:15PM-DEFENSE 8:15PM - 9PM - OFFENSE</div> <div>FILM STUDY 0-7:30-8:15PM/D-8:15-9PM</div>	23 <div>RINCON VISTA FIELD PRACTICE 5:00-6:30PM</div>	24 <div>RINCON VISTA 5:30-6:30PM SCOUT WALK-THOUGH AND FULL PREGAME</div>	25 <div>SCL PLAYOFFS PHOENIX</div>
FORMAL SPRING SEASON						
26 <div>SCL PLAYOFFS PHOENIX</div>	27 <div>LIFT - FRONT FOOT 7:30 - 8:10PM-OFFENSE 8:10 - 8:50PM - DEFENSE</div> <div>FILM STUDY 0-7:30-8:10PM/D-8:10-50PM</div> <div>8:45PM-10:00PM-SITTON</div>	28 <div>RINCON VISTA FIELD PRACTICE 5:00-6:30PM</div>	29 <div>BOX PRACTICE 6:45-8AM</div> <div>LIFT - FRONT FOOT 7:30 - 8:15PM-DEFENSE 8:15PM - 9PM - OFFENSE</div> <div>FILM STUDY 0-7:30-8:15PM/D-8:15-9PM</div>	30 <div>RINCON VISTA 5:30-6:30PM SCOUT WALK-THOUGH AND FULL PREGAME</div>	31 <div>TRAVEL TO RICHMOND, VA TBD</div>	29 <div>NATIONAL PLAYOFFS RICHMOND, VA</div>