

May 2022

Class of 2026 MRHS Freshman Football

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|---|----------|--------|----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 Incoming Freshman Day 4-7pm (watch spring ball, tour campus, summer expectations, dinner) | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 6:30-8am 7on7 Practice (must be enrolled at Ridge and have summer camp paperwork completed to participate) | 25 6:30-8am 7on7 Practice | 26 | 27 | 28 |
| 29 | 30 Memorial Day - OFF | 31 6:30-8am 7on7 Practice | 6:30-8am 7on7 Practice | | | |

June 2022

Class of 2026 MRHS Freshman Football

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--|---|---|--------|---|
| | | | 1 | 2 | 3 | 4 Golf Tournament Fundraiser @ Coyote Lakes 7:30am |
| 5 | 6 6-7am - Speed Training (Field) 7-8am - Strength Training (Weight Room) 5-6:30pm - 7v7 Practice | 7 6-7am - Speed Training (Field) 7-8am - Strength Training (Weight Room) 5-6:30pm - 7v7 Practice | 8 6-7am - Speed Training (Field) 7-8am - Strength Training (Weight Room) JV/Frosh 7on7 @ SMHS (Evening - Time TBD) | 9 6-7am - Speed Training (Field) 7-8am - Strength Training (Weight Room) | 10 | 11 |
| 12 | 13 6-7am - Speed Training (Field) 7-8am - Strength Training (Weight Room) 5-6:30pm - 7v7 Practice | 14 6-7am - Speed Training (Field) 7-8am - Strength Training (Weight Room) 5-6:30pm - 7v7 Practice | 15 6-7am - Speed Training (Field) 7-8am - Strength Training (Weight Room) JV/Frosh 7on7 @ SMHS (Evening - Time TBD) | 16 6-7am - Speed Training (Field) 7-8am - Strength Training (Weight Room) | 17 | 18 |
| 19 | 20 6-7am - Speed Training (Field) 7-8am - Strength Training (Weight Room) 5-6:30pm - 7v7 Practice | 21 6-7am - Speed Training (Field) 7-8am - Strength Training (Weight Room) 5-6:30pm - 7v7 Practice | 22 6-7am - Speed Training (Field) 7-8am - Strength Training (Weight Room) JV/Frosh 7on7 @ SMHS (Evening - Time TBD) | 23 6-7am - Speed Training (Field) 7-8am - Strength Training (Weight Room) | 24 | 25 |
| 26 | 27 6-7am - Speed Training (Field) 7-8am - Strength Training (Weight Room) | 28 6-7am - Speed Training (Field) 7-8am - Strength Training (Weight Room) | 29 6-7am - Speed Training (Field) 7-8am - Strength Training (Weight Room) | 30 6-7am - Speed Training (Field) 7-8am - Strength Training (Weight Room) | | |

July 2022

Class of 2026 MRHS Freshman Football

| hSunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|---|--|--|
| | | | | | 1 | 2 |
| 3 | 4 | 5 6-7am - Speed Training (Field) 7-8am - Strength Training (Weight Room) | 6 6-7am - Speed Training (Field) 7-8am - Strength Training (Weight Room) | 7 6-7am - Speed Training (Field) 7-8am - Strength Training (Weight Room) | 8 6-7am - Speed Training (Field) 7-8am - Strength Training (Weight Room) | 9 |
| 10 | 11 6-7am - Speed Training (Field) 7-8am - Strength Training (Weight Room) 5-6:30pm - Practice | 12 6-7am - Speed Training (Field) 7-8am - Strength Training (Weight Room) | 13 6-7am - Speed Training (Field) 7-8am - Strength Training (Weight Room) 5-6:30pm - Practice | 14 6-7am - Speed Training (Field) 7-8am - Strength Training (Weight Room) | 15 | 16 |
| 17 | 18 6-7am - Speed Training (Field) 7-8am - Strength Training (Weight Room) 5-6:30pm - Practice | 19 6-7am - Speed Training (Field) 7-8am - Strength Training (Weight Room) | 20 6-7am - Speed Training (Field) 7-8am - Strength Training (Weight Room) 5-6:30pm - Practice | 21 6-7am - Speed Training (Field) 7-8am - Strength Training (Weight Room) | 22 Camp – Heber Shadow Pines  | 23 Camp – Heber Shadow Pines  |
| 24 Camp – Heber Shadow Pines  | 25 Camp – Heber Shadow Pines  | 26 6-7am - Speed Training (Field) 7-8am - Strength Training (Weight Room) | 27 6-7am - Speed Training (Field) 7-8am - Strength Training (Weight Room) | 28 | 29 | 30 Mountain Ridge Boosters "Big Parent Meeting" Time TBA |

August 2022

Class of 2026 MRHS Freshman Football

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|----------|
| | 1 | 2 | 3 First Day of School | 4 Frosh Practice 5:30-7:30am | 5 Frosh Practice 5:30-7:30am | 6 |
| 7 | 8 Frosh Practice 5:30-7:30am | 9 Frosh Practice 5:30-7:30am | 10 Frosh Practice 5:30-7:30am | 11 Frosh Practice 5:30-7:30am | 12 Frosh Practice 5:30-7:30am | 13 |
| 14 | 15 Frosh Practice 5:30-7:30am | 16 Frosh Practice 5:30-7:30am | 17 Frosh Practice 5:30-7:30am | 18 Frosh Practice 5:30-7:30am | 19 Frosh Practice 5:30-7:30am | 20 |
| 21 | 22 Frosh Practice 5:30-7:30am | 23 Frosh Practice 5:30-7:30am | 24 Frosh Practice 5:30-7:30am | 25 Frosh Practice 5:30-7:30am | 26 Frosh Practice 5:30-7:30am | 27 |
| 28 | 29 Frosh Practice 5:30-7:30am | 30 Frosh Practice 5:30-7:30am | 31 Frosh Practice 5:30-7:30am | | | |
| | | | | | | |