

# January 2023

# HIGHLANDER FOOTBALL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 No School Winter Break	3 No School Winter Break	4 Teacher Work Day Winter Break	5 Students First Day Weights- 2:35-4:00pm OL/DL Skills- 4-5pm	6	7
8	9 Weights- 2:35-4:00pm FR. M/W BASKETBALL 6:00 vs. Jeffersonville	10 Weights- 2:35-4:00pm FR Weights- 4-5:15pm Booster Club Meeting 7pm Bearno's	11	12 Weights- 2:35-4:00pm FR Weights- 4-5:15pm WRESTLING 6:00pm vs. Southridge	13	14
15 Indiana Showcase Noblesville, IN 12:00pm-3:00pm	16 No School Martin Luther King Day	17 Weights- 2:35-4:00pm FR Weights- 4-5:15pm Skills Practice- 4-5pm	18	19 Weights- 2:35-4:00pm FR Weights- 4-5:15pm OL/DL Skills- 4-5pm WOMEN'S BASKETBALL 6:00pm vs. Trinity Lutheran	20	21 SWIMMING 10:00am vs. New Albany
22	23 Weights- 2:35-4:00pm	24 Weights- 2:35-4:00pm FR Weights- 4-5:15pm Skills Practice- 4-5pm	25 Coach's Dinner Party 6pm @ Group TBA	26 Weights- 2:35-4:00pm FR Weights- 4-5:15pm OL/DL Skills- 4-5pm	27 MEN'S BASKETBALL 6:00pm vs. Seymour	28
29 Mulch Madness Mulch Sales  Begins	30 Weights- 2:35-4:00pm	31 Weights- 2:35-4:00pm FR Weights- 4-5:15pm Skills Practice- 4-5pm Mulch Calls- 5pm	Notes: If school is canceled, then the workout is canceled! If you are unable to attend the workouts, please contact Coach Bragg. Mulch sales end on Friday the 25th. Please turn all form into the booster club Events marked in color are games we will attend & cheer on our fellow Highlanders.			

# February 2023

# HIGHLANDER FOOTBALL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2 Weights- 2:35-4:00pm FR Weights- 4-5:15pm OL/DL Skills- 4-5pm Mulch Calls- 5pm	3	4
5 End of Limited Contact	6 Weights- 2:35-4:00pm	7 Weights- 2:35-4:00pm FR Weights- 4-5:15pm MEN'S BASKETBALL 6:00pm vs. Silver Creek	8	9 Weights- 2:35-4:00pm FR Weights- 4-5:15pm Mulch Calls- 5pm	10	11
12	13 Weights- 2:35-4:00pm	14 Weights- 2:35-4:00pm FR Weights- 4-5:15pm Booster Club Meeting 7pm Bearno's	15 2-Hour Early Release	16 Weights- 2:35-4:00pm FR Weights- 4-5:15pm Mulch Calls- 5pm	17	18
19	20 Weights- 2:35-4:00pm	21 Weights- 2:35-4:00pm FR Weights- 4-5:15pm	22	23 Weights- 2:35-4:00pm FR Weights- 4-5:15pm Coach's Dinner Party 6pm @ Group TBA	24 Mulch Madness Order Forms Due	
27	28	<p>Notes: If school is canceled, then the workout is canceled!</p> <p>If you are unable to attend the workouts, please contact Coach Bragg.</p> <p>Events marked in color are games we will attend &amp; cheer on our fellow Highlanders.</p> <p>Mulch sales end on Friday the 25th. Please turn all form into the booster club</p>				

# March 2023

# HIGHLANDER FOOTBALL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Notes: If school is canceled, then the workout is canceled! If you are unable to attend the workouts, please contact Coach Bragg.			1	2 Weights- 2:35-4:00pm FR Weights- 4-5:15pm	3	4
All hand on deck from Mulch Madness						
Weightroom will be open over spring break.						
5	6 Weights- 2:35-4:00pm	7 Weights- 2:35-4:00pm FR Weights- 4-5:15pm	8	9 Weights- 2:35-4:00pm FR Weights- 4-5:15pm Senior and Junior Mulch Madness	10 Mulch Madness	11 Mulch Madness
12 Mulch Madness	13 Weights- 2:35-4:00pm	14 Weights- 2:35-4:00pm FR Weights- 4-5:15pm Booster Club Meeting 7pm Bearmo's	15 Coach's Dinner Party 6pm @ Group TBA	16 Weights- 2:35-4:00pm FR Weights- 4-5:15pm	17	18
19	20 NO SCHOOL SPRING BREAK	21 NO SCHOOL SPRING BREAK Weights- 8:30-10:30am	22 NO SCHOOL SPRING BREAK Weights- 8:30-10:30am	23 NO SCHOOL SPRING BREAK Weights- 8:30-10:30am	24 NO SCHOOL SPRING BREAK	25
26	27 NO SCHOOL SPRING BREAK	28 NO SCHOOL SPRING BREAK Weights- 8:30-10:30am	29 NO SCHOOL SPRING BREAK Weights- 8:30-10:30am	30 NO SCHOOL SPRING BREAK Weights- 8:30-10:30am	31 NO SCHOOL SPRING BREAK	1

# April 2023

# HIGHLANDER FOOTBALL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2 Limited Contact Begins	3 Weights- 2:35-4:00pm FR Weights- 4-5:15pm	4 Weights- 2:35-4:00pm Limited Contact 4:45-6:45pm	5	6 Weights- 2:35-4:00pm Limited Contact 4:45-6:45pm	7	8
9	10 Weights- 2:35-4:00pm FR Weights- 4-5:15pm	11 Weights- 2:35-4:00pm Limited Contact 4:45-6:45pm Booster Club Meeting 7pm Bearno's	12 BASEBALL New Albany @ 7pm	13 Weights- 2:35-4:00pm Limited Contact 4:45-6:45pm SOFTBALL Meade Co. @ 6pm	14	15
16	17 Weights- 2:35-4:00pm Limited Contact 4:45-6:45pm	18 Weights- 2:35-4:00pm FR Weights- 4-5:15pm TRACK/FIELD Multi Teams- 5pm	19	20 Weights- 2:35-4:00pm Limited Contact 4:45-6:45pm	21	22
23 Incoming Freshmen 7 on 7 @ New Albany Time TBA	24 Weights- 2:35-4:00pm FR Weights- 4-5:15pm	25 Weights- 2:35-4:00pm Limited Contact 4:45-6:45pm	26 Coach's Dinner Party 6pm @ Group TBA	27 Weights- 2:35-4:00pm Limited Contact 4:45-6:45pm	28	29
30 Incoming Freshmen 7 on 7 @ New Albany Time TBA	1	Notes: If school is canceled, then the workout is canceled! If you are unable to attend the workouts, please contact Coach Bragg. Events marked in color are games we will attend & cheer on our fellow Highlanders. Practice will end at 6:45pm, plan on picking up around 7:00pm.				

# May 2023

# HIGHLANDER FOOTBALL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1 Weights- 2:35-4:00pm FR Weights- 4-5:15pm Limited Contact 4:45-6:45pm	2 NO SCHOOL E-Learning Day	3 SOFTBALL Oldham @ 6pm	4 Weights- 2:35-4:00pm FR Weights- 4-5:15pm Limited Contact 4:45-6:45pm	5	6
7 <b>Incoming Freshmen</b> 7 on 7 @ New Albany Time TBA	8 Weights- 2:35-4:00pm Limited Contact 4:45-6:45pm	9 Weights- 2:35-4:00pm FR Weights- 4-5:15pm Booster Club Meeting 7pm Bearnos	10 Limited Contact 4:45-6:45pm Freshmen Parent Meeting 7pm @ Stadium	11 Weights- 2:35-4:00pm FR Weights- 4-5:15pm TRACK/FIELD Men's HHC 6pm	12	13 End of Limited Contact
14 <b>Incoming Freshmen</b> 7 on 7 @ New Albany Time TBA	15 Weights- 2:35-4:00pm	16 Weights- 2:35-4:00pm FR Weights- 4-5:15pm	17 Varsity Parent Meeting 7pm @ Cafeteria	18 Weights- 2:35-4:00pm FR Weights- 4-5:15pm TRACK/FIELD Men's Sectional 6pm	19	20
21	22 Weights- 2:35-4:00pm Equipment Pick-up >85% Attendance	23 Weights- 2:35-4:00pm FR Weights- 4-5:15pm Equipment Pick-up >60% Attendance	24 Equipment Pick-up All High School Players Coach's Dinner Party 6pm @ Group TBA	25 Weights- 2:35-4:00pm FR Weights- 4-5:15pm Equipment Pick-up Incoimng Freshmen	26	27
29	30 MEMORIAL DAY OFF	31 Weights- 2:35-4:00pm	Notes: If school is canceled, then the workout is canceled! If you are unable to attend the workouts, please contact Coach Bragg. Events marked in color are games we will attend & cheer on our fellow Highlanders. Practice will end at 6:45pm, plan on picking up around 7:00pm.			

# June 2023

# HIGHLANDER FOOTBALL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
4	5	6 Weights- 8:00-11:00am	7 Weights- 8:00-11:00am	8 Weights- 8:00-11:00am	9	10
11	12	13 Weights- 8:00-11:00am Booster Club Meeting 7pm Bearnos	14 Weights- 8:00-11:00am Coach's Dinner Party 6pm @ Group TBA	15 Weights- 8:00-11:00am	16	17
18	19	20 Weights- 8:00-11:00am	21 Weights- 8:00-11:00am	22 Weights- 8:00-11:00am	23	24
25	26	27 Weights- 8:00-11:00am	28 Weights- 8:00-11:00am	29 Weights- 8:00-11:00am	30	1

**Notes:**

Players will meet at the stadium and need to be picked up from the stadium.

If there is implement weather, keep Remind for location of players.

If you are unable to attend the workouts, Contact Coach Bragg.

# July 2023

# HIGHLANDER FOOTBALL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1
2 OFF Moratorium Week	3 OFF Moratorium Week	4 OFF Moratorium Week	5 OFF Moratorium Week	6 OFF Moratorium Week	7 OFF Moratorium Week	8 OFF Moratorium Week
9	10	11 Weights- 8:00-11:00am Booster Club Meeting 7pm Bearno's	12 Weights- 8:00-11:00am Coach's Dinner Party 6pm @ Group TBA	13 Weights- 8:00-11:00am 7 on 7 @ St. Xavier 7:00pm, Bus- 5:30pm	14	15
16	17	18 Weights- 8:00-11:00am 7 on 7 @ St. Xavier 7:00pm, Bus- 5:30pm	19 Weights- 8:00-11:00am	20 Weights- 8:00-11:00am	21	22
23	24	25 Weights- 8:00-11:00am	26 Weights- 8:00-11:00am	27 Weights- 8:00-11:00am Parent Meeting 7pm @ Cafetria	28	29
31	<p>Notes:            Players will meet at the stadium and need to be picked up from the stadium.            If there is implement weather, keep Remind for location of players.            If you are unable to attend the workouts, Contact Coach Bragg.</p>					