

February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20 Upton After School Lifting	21 High School After School Lifting High School Team Meeting 8:35 AM	22 Upton After School Lifting	23 High School After School Lifting Upton After School Lifting	24
25 Parent/Player Meeting 7 PM H. S. Student Center	26 High School After School Lifting	27 Upton After School Lifting	28 High School After School Lifting			

March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Upton After School Lifting	2 High School After School Lifting Upton After School Lifting	3
4	5 High School After School Lifting Silver Beach Pizza Give Back Night	6 Upton After School Lifting	7 High School After School Lifting High School Team Meeting 8:35 AM	8 Upton After School Lifting	9 High School After School Lifting Upton After School Lifting	10
11 Raffle Ticket Turn-in 6 to 7 PM H. S. Fieldhouse	12 High School After School Lifting	13 Upton After School Lifting	14 High School After School Lifting	15 Upton After School Lifting	16 High School After School Lifting Upton After School Lifting	17
18	19 High School After School Lifting	20 Upton After School Lifting	21 High School After School Lifting High School Team Meeting 8:35 AM	22 Upton After School Lifting	23 High School After School Lifting Upton After School Lifting	24 Raffle Drawing 9:50 AM WSJM Henry's Hamburgers
25	26 High School After School Lifting	27 Upton After School Lifting	28 High School After School Lifting	29 Upton After School Lifting	30	31

April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9 High School After School Lifting	10 Upton After School Lifting	11 High School After School Lifting	12 Upton After School Lifting	13 High School After School Lifting Upton After School Lifting	14
15	16 High School After School Lifting	17 Upton After School Lifting	18 High School After School Lifting High School Team Meeting 8:35 AM	19 Upton After School Lifting	20 High School After School Lifting Upton After School Lifting	21
22	23 High School After School Lifting	24 Upton After School Lifting	25 High School After School Lifting	26 Upton After School Lifting	27 High School After School Lifting Upton After School Lifting	28 Pater True Value Bucket Sales
29	30 High School After School Lifting					

May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Upton After School Lifting	2 High School After School Lifting High School Team Meeting 8:35 AM	3 Upton After School Lifting	4 High School After School Lifting Upton After School Lifting	5 Blossomtime Parade Program Sales
6 Kicking School 6 to 7 PM H. S. Practice Field	7 High School After School Lifting	8 Upton After School Lifting	9 High School After School Lifting	10 Upton After School Lifting	11 High School After School Lifting Upton After School Lifting	12
13	14 High School After School Lifting	15 Upton After School Lifting	16 High School After School Lifting High School Team Meeting 8:35 AM	17 Upton After School Lifting	18 High School After School Lifting Upton After School Lifting	19
²⁰ Kicking School 6 to 7 PM H. S. Practice Field Upton Parent/Player Mtg. 6 PM- Upton Frosh Parent/Player Mtg. 7:30 PM – H.S.	21 High School After School Lifting	22 Upton After School Lifting	23 High School After School Lifting	24 Upton After School Lifting	25 High School After School Lifting Upton After School Lifting	26
27	28	29 Upton After School Lifting	30 High School After School Lifting High School Team Meeting 8:35 AM	31 Upton After School Lifting		

June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 High School After School Lifting Upton After School Lifting	2
3 Graduation	4 High School After School Lifting	5	6 Sports Physicals 6 PM H. S. Fieldhouse	7 Drive for Your School Fundraiser 12 to 8 PM @ High School	8 Last day of school	9 Bear Gridiron Jam
10 WMU 7 on 7 11 to 5 –Varsity only Kicking School 6 to 7 PM H. S. Practice Field	11 H. S. Training 7:30 to 9:30 AM or 5:30 to 7:30 PM QB School 10 AM	12	13 H. S. Training 7:30 to 9:30 AM or 5:30 to 7:30 PM	14 H. S. Training 7:30 to 9:30 AM or 5:30 to 7:30 PM (Beach)	15	16
17	18 H. S. Training 7:30 to 9:30 AM or 5:30 to 7:30 PM QB School 10 AM	19	20 H. S. Training 7:30 to 9:30 AM or 5:30 to 7:30 PM	21 H. S. Training 7:30 to 9:30 AM or 5:30 to 7:30 PM (Beach)	22	23
24 Kicking School 6 to 7 PM H. S. Practice Field	25 H. S. Training 7:30 to 9:30 AM or 5:30 to 7:30 PM QB School 10 AM	26	27 H. S. Training 7:30 to 9:30 AM or 5:30 to 7:30 PM 7 on 7 Practice	28 H. S. Training 7:30 to 9:30 AM or 5:30 to 7:30 PM (Beach)	29 Dead Week	30

July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8 Dead Week	9 H. S. Training 7:30 to 9:30 AM or 5:30 to 7:30 PM 7 on 7 Practice QB School 10 AM	10 7 on 7 @ Lakeshore 6 PM – Varsity only	11 H. S. Training 7:30 to 9:30 AM or 5:30 to 7:30 PM	12 7 on 7 @ Lakeshore 6 PM- JV and Varsity	13 H. S. Training 7:30 to 9:30 AM or 5:30 to 7:30 PM (Beach)	14 Krasl Art Fair Parking
15 Krasl Art Fair Parking Kicking School 6 to 7 PM H. S. Practice Field	16 H. S. Training 7:30 to 9:30 AM or 5:30 to 7:30 PM QB School 10 AM	17 7 on 7 @ Lakeshore 6 PM- JV and Varsity	18 H. S. Training 7:30 to 9:30 AM or 5:30 to 7:30 PM	19 7 on 7 @Lakeshore 6 PM-JV and Varsity Big Man Challenge @ Plainwell H. S.	20 H. S. Training 7:30 to 9:30 AM or 5:30 to 7:30 PM (Beach) Athletic Dept. Golf Outing	21
22 Kicking School 6 to 7 PM H. S. Practice Field	23 High School Football Camp 8 AM to 1 PM Upton Football Camp 6 to 8:30 PM @ H. S. Practice Field	24 High School Football Camp 8 AM to 1 PM H. S. Practice Field Varsity Equip. issue	25 High School Football Camp 8 AM to 1 PM JV Equip. issue Upton Football Camp 6 to 8 PM @ H. S. Practice Filed	26 High School Camp 8 AM to 1 PM Frosh Equip. issue @ H. S. Practice Field	27 High School Camp 4:30 to 8 PM Upton Football Camp 6 to 8 PM Mom's Night 7 to 9 PM @ H. S. Practice Field	28 Youth Football Camp 8 to 11:30 AM @ H. S. Practice Field
29 Dead Week	30	31				

August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Sports Physicals 6 PM @ H. S. Fieldhouse	2	3	4
5 High School Parent/Player Meeting 7 PM @ H. S. Student Center	6 Varsity Practice 7 AM to 4 PM JV/Frosh Practice 7 AM to 11:30 AM	7 Varsity Practice 7 AM to 4 PM JV/Frosh Practice 7 AM to 11:30 AM Upton Conditioning 6 to 8 PM @ Upton	8 Varsity Practice 7 AM to 4 PM JV/Frosh Practice 7 AM to 11:30 AM	9 Varsity Practice 7 AM to 4 PM JV/Frosh Practice 7 AM to 11:30 AM Upton conditioning 6 to 8 PM @ Upton	10 Varsity Practice 7 AM to 4 PM JV/Frosh Practice 7 AM to 11:30 AM	11 Picture/Maize and Blue Games 8 to 12 AM
12 Triathlon Clean Up	13 Varsity Practice 7 AM to 4 PM JV/Frosh Practice 7 AM to 11:30 AM	14 Varsity Practice 7 AM to 4 PM JV/Frosh Practice 7 AM to 11:30 AM Upton Conditioning 6 to 8 PM @ Upton	15 Varsity Practice 7 AM to 4 PM JV/Frosh Practice 7 AM to 11:30 AM Kick Off Celebration 6:30 PM @ Dickinson	16 Scrimmage @ Grand Rapids Christian times TBD Upton Conditioning 6 to 8 PM @ Upton	17 Varsity Practice 12:30 to 8 PM JV/Frosh Practice 4 to 8 PM Dad's Night 7 to 9 PM	18 Off
19	20 Varsity Lift/Meet/Practice 4 to 8 PM JV/Frosh Practice 5:15 to 8 PM Upton Practice Begins	21 Varsity Meet/Practice 5:15 to 8 PM JV/Frosh Lift/Practice 4 to 8 PM	22 Varsity Lift/Meet/Practice 4 to 8 PM JV/Frosh Practice 5:15 to 8 PM	23 Varsity Meet/Practice 3:25 to 5:10 PM JV/Frosh @ BCC	24 JV/Frosh Lift/Meet/Practice 3 to 5 PM Varsity vs. BCC	25 Varsity Treatment 7:30 AM Lift 8 to 9 AM
26	27 Varsity Meet/Lift/Practice 2:30 to 8:15 PM JV/Frosh Practice 5:15 to 8:15 PM	28 Varsity Meet/Practice 5:15 to 8:15 PM JV/Frosh Practice 5:15 to 8:15 PM	29 Varsity Meet/Practice 3:25 to 5:10 JV/Frosh vs. Niles	30 JV/Frosh Meet/Lift/Practic e 3 to 5 PM Varsity @ Niles	31 Varsity Treatment 7:30 AM Lift 8 to 9 AM	

September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Off
2	3 Varsity Meet/Lift/Practice 2:30 to 8 PM JV/Frosh Practice 5:15 to 8 PM	4 First Day of School	5 Upton Football Scrimmage vs. Benton Harbor @ Upton	6 JV/Frosh @ Mattawan	7 Varsity vs. Mattawan- Future Bear Night	8 Varsity Treatment 7:30 AM Lift 8 to 9 AM
9	10	11	12 Upton @ Battle Creek Central	13 JV/Frosh vs. Lakeshore	14 Varsity @ Lakeshore	15 Varsity Treatment 7:30 AM Lift 8 to 9 AM
16	17 Academic Assistance Begins	18	19	20 JV/Frosh vs. Kalamazoo Loy Norrix	21 Varsity @ Kalamazoo Loy Norrix	22 Varsity Treatment 7:30 AM Lift 8 to 9 AM
23	24	25	26	27 JV/Frosh @ Portage Central	28 Varsity vs. Portage Central- Team Up For Cancer Event	29 Varsity Treatment 7:30 AM Lift 8 to 9 AM
30						

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 JV/Frosh vs. Battle Creek Lakeview	5 Varsity @ Battle Creek Lakeview	6 Varsity Treatment 7:30 AM Lift 8 to 9 AM
7	8	9	10	11	12 Varsity vs. DeWitt- Homecoming	13 Varsity Treatment 7:30 AM Lift 8 to 9 AM JV/Frosh @ Dewitt TBD
14	15	16	17	18 JV/Frosh @ Portage Northern	19 Varsity vs. Portage Northern- Senior Night	20 Varsity Treatment 7:30 AM Lift 8 to 9 AM
21 Varsity Meet 5:30 to 7 PM Playoff Selection Show 7 PM	22	23	24	25	26	27
28	29	30	31			