



2023 KW Trojan Football Off-season Checklist

1. Sign Up for Stack Team App: bit.ly/trojanteamapp
2. Come to the KWHS weight room Mondays, Wednesdays, & Fridays from 4-5:15pm if you are not in a winter/spring sport
3. Text Coach Makelky @ 307-260-5574 your name & which middle school you are coming from
4. Share summer calendar dates with your parents/guardians (also in TeamApp)
5. Have a physical dated on or after May 1st, 2023 & turn it into KWHS office



2023 KW Trojan Football Calendar

January-May Weight Room

- Mon, Wed, Fri 4-5:15pm power/speed @ KWHS Weight room (Last day is 5.19.23)
- May 1st- 2023 sports physical window opens

Spring Camp

- Tues May 23rd-Thurs 25th: Spring Camp 4-6:30pm @ KWHS
- Tues May 30th-Thurs June 1st: Spring Camp 4-6:30pm @ KWHS
- Tues June 6th-Thurs June 8th: Spring Camp 4-6:30pm @ KWHS
- **June 12th Scrimmage Competitions 10:00am-12:30pm @ KWHS**
- **June 16th Scrimmage Competitions 10:00am-12:30pm @ Torrington**
- **June 14th-July 28th Mon, Wed, Friday 6-7:30pm Summer Workouts @ KWHS Weight Room**
- **Tues & Thursday 7 on 7 passing league & lineman competitions in the stadium 6-7:30pm (player lead)**

August

- Mon, Aug 7th-First Practice
- Practices the weeks of Aug 7th & 14th are Mon-Fri 7am-1:30pm
- Practice the week of Aug 21st will be: Mon-Thurs 6-8:30 am
- Team Dinner is at 5:45 pm on Thursday nights starting Aug 24th
- First Game: Friday, Aug 25th @ Rock Springs

Contact Coach Makelky with any questions
307-260-5574; aaron7839@myncsd.org

