

voluntarily



2022 GRAMBLING STATE SPRING
MARCH 4 - MARCH 13

Day 1

FRIDAY 3/4

3:00-3:20 pm	SPECIAL TEAMS MEET
3:20-4:15 pm	O/D meetings
4:30 - 4:45 pm	Sp. Teams Walk- Thru
4:45 - 5:00 pm	O/D Walk- Thru
5:00 - 5:10 pm	Stretch

Day 2

Saturday 3/5

9:00 - 10:00 am	Breakfast
10:00 - 11:00 am	Sp. Teams meet
11:00 - 12:30 pm	O/D Meetings
1:00 - 1:10 pm	Sp. Teams Walk - Thru
1:10 - 1:25 pm	O/D Walk - Thru
1:25 - 1:40 pm	Stretch

Volunteer Day

Sunday 3/6

12:00 - 1:00 pm	Brunch
1:15 - 2:15 pm	Offense Lift / Defense Meet
3:15 - 4:15 pm	Defense Lift / Offense Meet
4:15 - 5:15 pm	Sp. Teams Meet
5:20 - 6:35 pm	O/D Installs

Day 3

Monday 3/7

3:00-3:20 pm	SPECIAL TEAMS MEET
3:20-4:15 pm	O/D meet
4:30 - 4:45 pm	Sp. Teams Walk- Thru
4:45 - 5:00 pm	O/D Walk- Thru
5:00 - 5:10 pm	Stretch

Lift Day

Tuesday 3/8

All lift Groups

Day 4

Wednesday 3/9

3:00-3:20 pm	SPECIAL TEAMS MEET
3:20-4:15 pm	O/D meetings
4:30 - 4:45 pm	Sp. Teams Walk- Thru
4:45 - 5:00 pm	O/D Walk- Thru
5:00 - 5:10 pm	Stretch

Lift Day

Thursday 3/10

All Lift Groups

Day 5

Friday 3/11

3:00-3:20 pm	SPECIAL TEAMS MEET
3:20-4:15 pm	O/D meeting
4:30 - 4:45 pm	Sp. Teams Walk- Thru
4:45 - 5:00 pm	O/D Walk- Thru
5:00 - 5:10 pm	Stretch

Volunteer Day /Recovery Day

Saturday 3/12

12:00 - 1:00 pm	Brunch
1:15 - 2:15 pm	Offense Lift / Defense Meet
3:15 - 4:15 pm	Defense Lift / Offense Meet
4:15 - 5:15 pm	Sp. Teams Meet
5:20 - 6:35 pm	O/D Installs

Volunteer Day /Recovery Day

Sunday 3/13

12:00 - 1:00 pm	Breakfast
1:15 - 2:15 pm	Offense Yoga / Defense Meet
3:15 - 4:15 pm	Defense Yoga / Offense Meet
4:15 - 5:15 pm	Sp. Teams Meet
5:20 - 6:35 pm	O/D Installs

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2022 GRAMBLING STATE SPRING
MARCH 14- MARCH 23

Day 6

Monday 3/14

3:00-3:20 pm SPECIAL TEAMS MEET
3:20-4:15 pm O/D meeting
4:30 - 4:45 pm Sp. Teams Walk- Thru
4:45 - 5:00 pm O/D Walk- Thru
5:00 - 5:10 pm Stretch

Lift Day

Tuesday 3/15

All Lift Groups

Day 7

Wednesday 3/16

3:00-3:20 pm SPECIAL TEAMS MEET
3:20-4:15 pm O/D Meet
4:30 - 4:45 pm Sp. Teams Walk- Thru
4:45 - 5:00 pm O/D Walk- Thru
5:00 - 5:10 pm Stretch

Thursday 3/17

All Lift Groups

Day 8

Friday 3/18

3:00-3:20 pm SPECIAL TEAMS MEET
3:20-4:15 pm O/D Meet
4:30 - 4:45 pm Sp. Teams Walk- Thru
4:45 - 5:00 pm O/D Walk- Thru
5:00 - 5:10 pm Stretch

Volunteer Day /Recovery Day

Saturday 3/19

12:00 - 1:00 pm Breakfast
1:15 - 2:15 pm Offense Yoga / Defense Meet
3:15 - 4:15 pm Defense Yoga / Offense Meet
4:15 - 5:15 pm Sp. Teams Meet
5:20 - 6:35 pm O/D Installs

Volunteer Day

Sunday 3/20

12:00 - 1:00 pm Breakfast
1:15 - 2:15 pm Offense Lift / Defense Meet
3:15 - 4:15 pm Defense Lift / Offense Meet
4:15 - 5:15 pm Sp. Teams Meet
5:20 - 6:35 pm O/D Installs

Day 9

Monday 3/21

3:00-3:20 pm SPECIAL TEAMS MEET
3:20-4:15 pm O/D Meet
4:30 - 4:45 pm Sp. Teams Walk- Thru
4:45 - 5:00 pm O/D Walk- Thru
5:00 - 5:10 pm Stretch

Lift Day

Tuesday 3/22

All Lift Groups

Day 10

Wednesday 3/23

3:00-3:20 pm SPECIAL TEAMS MEET
3:20-4:15 pm O/D Meet
4:30 - 4:45 pm Sp. Teams Walk- Thru
4:45 - 5:00 pm O/D Walk- Thru
5:00 - 5:10 pm Stretch

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2022 GRAMBLING STATE SPRING
MARCH 24- APRIL 2

Lift Day

Thursday 3/24

All Lift Groups

Day 11

Friday 3/25

3:00-3:20 pm SPECIAL TEAMS MEET

3:20-4:15 pm O/D Meet

4:30 - 4:45 pm Sp. Teams Walk- Thru

4:45 - 5:00 pm O/D Walk- Thru

5:00 - 5:10 pm Stretch

Volunteer Day /Recovery Day

Saturday 3/26

12:00 - 1:00 pm Breakfast

1:15 - 2:15 pm Offense Yoga / Defense Meet

3:15 - 4:15 pm Defense Yoga / Offense Meet

4:15 - 5:15 pm Sp. Teams Meet

5:20 - 6:35 pm O/D Installs

Volunteer Day /Recovery Day

Sunday 3/27

12:00 - 1:00 pm Breakfast

1:15 - 2:15 pm Offense Yoga / Defense Meet

3:15 - 4:15 pm Defense Yoga / Offense Meet

4:15 - 5:15 pm Sp. Teams Meet

5:20 - 6:35 pm O/D Installs

Day 12

Monday 3/28

3:00-3:20 pm SPECIAL TEAMS MEET

3:20-4:15 pm O/D Meet

4:30 - 4:45 pm Sp. Teams Walk- Thru

4:45 - 5:00 pm O/D Walk- Thru

5:00 - 5:10 pm Stretch

Lift Day

Tuesday 3/29

All Lift Groups

Day 13

Wednesday 3/30

3:00-3:20 pm SPECIAL TEAMS MEET

3:20-4:15 pm O/D Meet

4:30 - 4:45 pm Sp. Teams Walk- Thru

4:45 - 5:00 pm O/D Walk- Thru

5:00 - 5:10 pm Stretch

Yoga / Palities

Thursday 3/31

All Lift Groups

Day 14

Friday 4/1

3:00-3:20 pm SPECIAL TEAMS MEET

3:20-4:15 pm O/D Meet

4:30 - 4:45 pm Sp. Teams Walk- Thru

4:45 - 5:00 pm O/D Walk- Thru

5:00 - 5:10 pm Stretch

Day 15 Spring Game

Saturday 4/2

TBA