

Be a multi-sport athlete. The BEST preparation for competition is competition.

- If you are in-season, follow your team's lifting program.
- If you are out of season, follow Coach Eddie's program.

January 2024

See 1000-Yard Club: [Link to 1000 YARD CLUB](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	No School 1	No School 2	3 Speed & Strength w/ Coach Eddie 3:30-5:00pm	4 Speed & Strength w/ Coach Eddie 3:30-5:00pm	5 Speed & Strength w/ Coach Eddie 3:30-5:00pm	6
7 Go to Mass	8 Speed & Strength w/ Coach Eddie 3:30-5:00pm	9 Speed & Strength w/ Coach Eddie 3:30-5:00pm	10 Final Exams Speed & Strength w/ Coach Eddie TBD	11 Final Exams Speed & Strength w/ Coach Eddie TBD	12 End of Q2 Final Exams Speed & Strength w/ Coach Eddie TBD	13
14 Go to Mass	In-Service No School 15	16 Speed & Strength w/ Coach Eddie 3:30-5:00pm	17 Speed & Strength w/ Coach Eddie 3:30-5:00pm	18 Speed & Strength w/ Coach Eddie 3:30-5:00pm	19 Speed & Strength w/ Coach Eddie 3:30-5:00pm	20
21 Go to Mass	22 Speed & Strength w/ Coach Eddie 3:30-5:00pm	23 Speed & Strength w/ Coach Eddie 3:30-5:00pm	24 Speed & Strength w/ Coach Eddie 3:30-5:00pm	25 Speed & Strength w/ Coach Eddie 3:30-5:00pm	26 Speed & Strength w/ Coach Eddie 3:30-5:00pm	27
28 Go to Mass	29 Speed & Strength w/ Coach Eddie 3:30-5:00pm	30 Speed & Strength w/ Coach Eddie 3:30-5:00pm	31 Speed & Strength w/ Coach Eddie 3:30-5:00pm			

COACH LEE'S CELL: (608)317-7576

Be a multi-sport athlete. The BEST preparation for competition is competition.

- If you are in-season, follow your team's lifting program.
- If you are out of season, follow Coach Eddie's program.

February 2024

See 1000-Yard Club: [Link to 1000 YARD CLUB](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Speed & Strength w/ Coach Eddie 3:30-5:00pm	2 Speed & Strength w/ Coach Eddie 3:30-5:00pm	3 WISC. DELLS CLINIC
4 Go to Mass	5 Speed & Strength w/ Coach Eddie 3:30-5:00pm	6 Speed & Strength w/ Coach Eddie 3:30-5:00pm	7 Speed & Strength w/ Coach Eddie 3:30-5:00pm	8 In-Service No School	9 No School GLAZIER CLINIC MLPS	10 GLAZIER CLINIC MLPS
11 Go to Mass	12 Speed & Strength w/ Coach Eddie 3:30-5:00pm	13 Speed & Strength w/ Coach Eddie 3:30-5:00pm	14 ASH WED. Go to Mass Speed & Strength w/ Coach Eddie 3:30-5:00pm	15 Speed & Strength w/ Coach Eddie 3:30-5:00pm	16 Mid Q3 Speed & Strength w/ Coach Eddie 3:30-5:00pm	17
18 Go to Mass	19 Speed & Strength w/ Coach Eddie 3:30-5:00pm	20 Speed & Strength w/ Coach Eddie 3:30-5:00pm	21 Speed & Strength w/ Coach Eddie 3:30-5:00pm	22 State Ind. Wrestling Speed & Strength w/ Coach Eddie 3:30-5:00pm	23 State Ind. Wrestling Speed & Strength w/ Coach Eddie 3:30-5:00pm	24 State Ind. Wrestling
25 Go to Mass	26 Speed & Strength w/ Coach Eddie 3:30-5:00pm	27 Speed & Strength w/ Coach Eddie 3:30-5:00pm	28 Speed & Strength w/ Coach Eddie 3:30-5:00pm	29 Speed & Strength w/ Coach Eddie 3:30-5:00pm		

COACH LEE'S CELL: (608)317-7576

Be a multi-sport athlete. The BEST preparation for competition is competition.

- If you are in-season, follow your team's lifting program.
- If you are out of season, follow Coach Eddie's program.

March 2024

See 1000-Yard Club: [Link to 1000 YARD CLUB](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 State Team Wrestling Speed & Strength w/ Coach Eddie 3:30-5:00pm	2 State Team Wrestling
3 Go to Mass	4 Start of Track Speed & Strength w/ Coach Eddie 3:30-5:00pm	5 Speed & Strength w/ Coach Eddie 3:30-5:00pm	6 Speed & Strength w/ Coach Eddie 3:30-5:00pm	7 State Hoops Speed & Strength w/ Coach Eddie 3:30-5:00pm	8 No School State Hoops Speed & Strength w/ Coach Eddie 3:30-5:00pm	9 State Hoops
10 Go to Mass	11 Speed & Strength w/ Coach Eddie 3:30-5:00pm	12 Speed & Strength w/ Coach Eddie 3:30-5:00pm	13 Speed & Strength w/ Coach Eddie 3:30-5:00pm	14 Speed & Strength w/ Coach Eddie 3:30-5:00pm	15 PLAYBOOK CLINIC MADISON Speed & Strength w/ Coach Eddie 3:30-5:00pm	16 PLAYBOOK CLINIC MADISON
17 Go to Mass	18 Start of Baseball Speed & Strength w/ Coach Eddie 3:30-5:00pm	19 Speed & Strength w/ Coach Eddie 3:30-5:00pm	20 End Q3 Speed & Strength w/ Coach Eddie 3:30-5:00pm	21 Speed & Strength w/ Coach Eddie 3:30-5:00pm	22 Speed & Strength w/ Coach Eddie 3:30-5:00pm	23
24 Go to Mass PALM SUNDAY	25 Start of Tennis Speed & Strength w/ Coach Eddie 3:30-5:00pm	26 Speed & Strength w/ Coach Eddie 3:30-5:00pm	27 Speed & Strength w/ Coach Eddie 3:30-5:00pm	28 No School HOLY THURSDAY	29 No School GOOD FRIDAY	30
31 Go to Mass EASTER						

COACH LEE'S CELL: (608)317-7576

Be a multi-sport athlete. The BEST preparation for competition is competition.

- If you are in-season, follow your team's lifting program.
- If you are out of season, follow Coach Eddie's program.

April 2024

See 1000-Yard Club: [Link to 1000 YARD CLUB](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	No School 1	2 Speed & Strength w/ Coach Eddie 3:30-5:00pm	3 Speed & Strength w/ Coach Eddie 3:30-5:00pm	4 WFCA CLINIC Speed & Strength w/ Coach Eddie 3:30-5:00pm	5 WFCA CLINIC Speed & Strength w/ Coach Eddie 3:30-5:00pm	6 WFCA CLINIC BOOSTER AUCTION
7 Go to Mass	8 Speed & Strength w/ Coach Eddie 3:30-5:00pm	9 Speed & Strength w/ Coach Eddie 3:30-5:00pm	10 Speed & Strength w/ Coach Eddie 3:30-5:00pm	11 Speed & Strength w/ Coach Eddie 3:30-5:00pm	12 In-Service No School	13
14 Go to Mass	15 Speed & Strength w/ Coach Eddie 3:30-5:00pm	16 Speed & Strength w/ Coach Eddie 3:30-5:00pm	17 Speed & Strength w/ Coach Eddie 3:30-5:00pm	18 Speed & Strength w/ Coach Eddie 3:30-5:00pm	19 Speed & Strength w/ Coach Eddie 3:30-5:00pm	20
21 Go to Mass	22 Speed & Strength w/ Coach Eddie 3:30-5:00pm	23 Speed & Strength w/ Coach Eddie 3:30-5:00pm	24 Speed & Strength w/ Coach Eddie 3:30-5:00pm	25 Mid Q4	26 No School	27
28 Go to Mass	29 Speed & Strength w/ Coach Eddie 3:30-5:00pm	30 Speed & Strength w/ Coach Eddie 3:30-5:00pm				

COACH LEE'S CELL: (608)317-7576

Be a multi-sport athlete. The BEST preparation for competition is competition.

- If you are in-season, follow your team's lifting program.
- If you are out of season, follow Coach Eddie's program.

May 2024

See 1000-Yard Club: [Link to 1000 YARD CLUB](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5 Go to Mass	6 Speed & Strength w/ Coach Eddie 3:30-5:00pm	7 Speed & Strength w/ Coach Eddie 3:30-5:00pm	8 Speed & Strength w/ Coach Eddie 3:30-5:00pm	9 ASCENSION OF JESUS Go to Mass Speed & Strength w/ Coach Eddie 3:30-5:00pm	10 Speed & Strength w/ Coach Eddie 3:30-5:00pm	11
12 Go to Mass	13 Speed & Strength w/ Coach Eddie 3:30-5:00pm	14 Speed & Strength w/ Coach Eddie 3:30-5:00pm	15 Speed & Strength w/ Coach Eddie 3:30-5:00pm	16 Speed & Strength w/ Coach Eddie 3:30-5:00pm	17 Speed & Strength w/ Coach Eddie 3:30-5:00pm	18
19 Go to Mass	20 Speed & Strength w/ Coach Eddie 3:30-5:00pm	21 Speed & Strength w/ Coach Eddie 3:30-5:00pm	22 Speed & Strength w/ Coach Eddie 3:30-5:00pm	23 Speed & Strength w/ Coach Eddie 3:30-5:00pm	24 Speed & Strength w/ Coach Eddie 3:30-5:00pm	25 GRADUATION
26 Go to Mass	27 No School	28 Final Exams Speed & Strength w/ Coach Eddie TBD	29 Final Exams Speed & Strength w/ Coach Eddie TBD	30 END Q4 Final Exams Speed & Strength w/ Coach Eddie TBD	31 State Track Speed & Strength w/ Coach Eddie TBD	

COACH LEE'S CELL: (608)317-7576

Summer Football Opportunities

The Athletic Director of Aquinas and the Booster Club have purchased the highest rated, most protective equipment available on the market. But research shows the #1 injury prevention tool is athletes being in the weight room.

Articles on the benefits of strength training as injury prevention: [Article Link 1](#), [Article Link](#)

Our program is designed by Coach Eddie Hodges, a certified speed & strength coach. The expectation is that athletes show up at assigned times & give their best efforts doing Coach Eddie's program. This builds a foundation of our culture for all our athletes, identifies leaders, enhances team camaraderie, and boosts self-esteem and confidence of participants.

CONTACT DAYS:

WIAA allows football a limited amount of "Contact Days" during the summer. We will conduct these on **Monday, July 17 - Friday, July 21**. The Contact Days are for **PLAYERS IN ALL LEVELS OF OUR PROGRAM**. We will do basic installation of our special teams, offense & defense in addition to team building. **THESE WILL BE HELMET-ONLY, NON-CONTACT PRACTICES**. We will conduct these practices with Onalaska High School at their practice facility. The last day will be a "Parent Practice," where adult family members will join our players on the field. While not mandatory, athletes are strongly encouraged to attend. Our coaches and the leaders of our team believe there is value in these activities.

Other Opportunities:

- **Camps**
- **7-on-7 League & Tournament**
- **Big Man Challenge**

More info will follow as hosts send out finalized details

See 1000-Yard Club: [Link to 1000 YARD CLUB](#)

Wednesday Speed Training will be held at Holy Cross Seminary practice field. Athletes should wear cleats as we will be running on grass.

Check Three Rivers instagram for weather cancellations on Wednesday speed days. Coach Eddie will post.

June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 State Track
2 Go to Mass	3 START OF SUMMER PROGRAM 6:30-8:00am	4 Lifting with Coach Eddie 6:30-8:00 am	5 Speed Training @ Seminary 7:30-8:15am	6 Lifting with Coach Eddie 6:30-8:00 am	7	8
9 Go to Mass	10 State Baseball Lifting with Coach Eddie 6:30-8:00 am	11 State Baseball Lifting with Coach Eddie 6:30-8:00 am	12 State Baseball Speed Training @ Seminary 7:30-8:15am Youth Passing League @ Seminary	13 State Baseball Lifting with Coach Eddie 6:30-8:00 am	14	15
16 Go to Mass	17 Lifting with Coach Eddie 6:30-8:00 am	18 Lifting with Coach Eddie 6:30-8:00 am	19 Speed Training @ Seminary 7:30-8:15am Youth Passing League @ Seminary	20 Lifting with Coach Eddie 6:30-8:00 am	21	22
23 Go to Mass	24 Lifting with Coach Eddie 6:30-8:00 am	25 Lifting with Coach Eddie 6:30-8:00 am	26 Speed Training @ Seminary 7:30-8:15am Youth Passing League @ Seminary	27 Lifting with Coach Eddie 6:30-8:00 am	28	29
30 Go to Mass						

COACH LEE'S CELL: (608)317-7576

See 1000-Yard Club: [Link to 1000 YARD CLUB](#)

Wednesday Speed Training will be held at Holy Cross Seminary practice field. Athletes should wear cleats as we will be running on grass.

Check Three Rivers instagram for weather cancellations on Wednesday speed days. Coach Eddie will post.

July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Lifting with Coach Eddie 6:30-8:00 am	2 Lifting with Coach Eddie 6:30-8:00 am	3 Speed Training @ Seminary 7:30-8:15am Youth Passing League @ Seminary	USA 4	5	6
7 Go to Mass	8 Lifting with Coach Eddie 6:30-8:00 am	9 Lifting with Coach Eddie 6:30-8:00 am	10 Speed Training @ Seminary 7:30-8:15am Youth Passing League @ Seminary	11 Lifting with Coach Eddie 6:30-8:00 am	12	13
14 Go to Mass	15 Lifting with Coach Eddie 6:30-8:00 am Contact Day #1 @ Onalaska 4:30-6:45pm	16 Lifting with Coach Eddie 6:30-8:00 am Contact Day #2 @ Onalaska 4:30-6:45pm	17 Speed Training @ Seminary 7:30-8:15am Contact Day #3 @ Onalaska 4:30-6:45pm	18 Lifting with Coach Eddie 6:30-8:00 am Contact Day #4 @ Onalaska 4:30-6:45pm	19 Contact Day #5 5:00pm Family Practice @ Seminary <i>Social to follow</i>	20 WFCA All-Star Game
21 Go to Mass	22 Lifting with Coach Eddie 6:30-8:00 am YOUTH CAMP 9am-noon @ Seminary	23 Lifting with Coach Eddie 6:30-8:00 am YOUTH CAMP 9am-noon @ Seminary	24 Speed Training @ Seminary 7:30-8:15am YOUTH CAMP 9am-noon @ Seminary	25 Lifting with Coach Eddie 6:30-8:00 am	26	27
28 Go to Mass	29 Lifting with Coach Eddie 6:30-8:00 am	30 Lifting with Coach Eddie 6:30-8:00 am	31 Speed Training @ Seminary 7:30-8:15am			

COACH LEE'S CELL: (608)317-7576

Note: Practice times on this calendar are approximate. More details will be provided when the season begins.

August 2024

This is how a player will earn a varsity letter for football:

[Link to Letter Point System](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Lifting with Coach Eddie 6:30-8:00 am	2	3
4 Go to Mass	5 Complete your 1000 Yard Club	6 1st Day of Football Equipment Handout & 1st Practice 8:00am-12:30pm	7 Practice 8:00am-noon	8 Practice 8:00-10:30am Special Teams 6:00-8:00pm	9 Practice 8:00am-noon	10 Practice 9:00-11:30am
11 Go to Mass	12 Practice 3:30-6:30pm	13 Practice 3:30-6:30pm	14 In-Service Practice 3:30-6:30pm	15 In-Service Go to Mass ASSUMPTION OF MARY Practice 3:30-6:30pm	16 In-Service Scrimmage at Logan	17
18 Go to Mass	19 Practice 3:30-6:30pm	20 Practice 3:30-6:30pm	21 1st Day of Classes Practice 3:40-6:45pm	22 Practice 3:40-6:00pm	23 Varsity vs PdC @ UW-L 7:00pm	24 Wall of Fame
25 Go to Mass	26 Practice 3:40-6:40pm JV @ PdC Time: 1:12 travel time	27 Practice 3:40-6:30pm	28 Practice 3:40-6:30pm	29 Practice 3:40-6:00pm	30 Varsity @ Columbus 7:00pm 2:17 travel time	31

COACH LEE'S CELL: (608)317-7576

September 2024

Labor Day: We WILL have practice on this day. All players are expected to be in attendance. Please plan accordingly.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Go to Mass	2 Labor Day No School FOOTBALL WILL PRACTICE Practice 3:30-6:15pm	3 Practice 3:40-6:30pm JV @ Viroqua Time: 43 min travel time	4 Practice 3:40-6:30pm	5 Practice 3:40-6:00pm	6 Varsity @ Arcadia 7:00pm 51 min travel time	7
8 Go to Mass	9 Practice 3:30-6:15pm JV vs Arcadia @ Sem Time:	10 Practice 3:40-6:30pm	11 Practice 3:40-6:30pm	12 Practice 3:40-6:00pm	13 AquinasFest Varsity vs G-E-T @ UW-L 7:00pm	14
15 Go to Mass	16 Practice 3:30-6:15pm JV @ G-E-T Time: 31 min travel time	17 Practice 3:40-6:30pm	18 Practice 3:40-6:30pm	19 Practice 3:40-6:00pm	20 Mid Q1 Varsity @ Onalaska Luther 7:00pm 13 min travel time	21
22 Go to Mass	23 Practice 3:30-6:15pm JV vs Luther @ Sem Time:	24 Practice 3:40-6:30pm	25 Practice 3:40-6:30pm	26 Torchlight Parade Practice 3:40-6:00pm	27 In-Service No School Varsity vs BRF @ UW-L 7:00pm	28
29 Go to Mass	30 Parent-Teacher Conf. Practice 3:30-6:15pm JV @ BRF Time: 59 min travel time					

COACH LEE'S CELL: (608)317-7576

October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Practice 3:40-6:30pm	Parent-Teacher Conf. 2 Practice 3:40-6:30pm	3 Practice 3:40-6:00pm	4 Varsity @ Westby 7:00pm 36 min travel time	5
6 Go to Mass	7 Practice 3:40-6:30pm JV vs Westby @ Sem Time:	8 Practice 3:40-6:30pm	9 Practice 3:40-6:30pm	10 Practice 3:40-6:00pm	11 Varsity @ West Salem 7:00pm 20 min travel time	12
13 Go to Mass	14 Practice 3:40-6:30pm JV vs West Salem @ Sem Time:	15 Practice 3:40-6:30pm	16 Practice 3:40-6:30pm	17 Practice 3:40-6:00pm	18 In-Service No School Varsity vs Viroqua @ UW-L 7:00pm Senior Night	19
20 Go to Mass	21 Practice 3:40-6:30pm	22 Practice 3:40-6:30pm	23 Practice 3:40-6:30pm	24 END Q1 Practice 3:40-6:00pm	25 No School Playoff Level 1 TBD	26 Playoff Level 1 TBD
27 Go to Mass	28 Practice 3:40-6:30pm	29 Practice 3:40-6:30pm	30 Practice 3:40-6:30pm	31 Practice 3:40-6:00pm		

BE A MULTI-SPORT ATHLETE!

Exit Interviews & Equipment Turn-In will be done at the conclusion of the season

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					ALL SAINTS DAY 1 Go to Mass	2
					Playoff Level 2 TBD	Playoff Level 2 TBD
3 Go to Mass	4 Practice 3:40-6:30pm	5 Practice 3:40-6:30pm	6 Practice 3:40-6:30pm	7 Practice 3:40-6:00pm	8	9
					Playoff Level 3 TBD	Playoff Level 3 TBD
10 Go to Mass	11 Start of Hockey Practice 3:40-6:30pm	12 Practice 3:40-6:30pm	13 Practice 3:40-6:30pm	14 Start of Hoops & Wrestling Practice 3:40-6:00pm	15	16
					Playoff Semi-Finals TBD	
17 Go to Mass	18 Practice 3:40-6:30pm	19 Practice 3:40-6:30pm	20 Practice 3:40-6:00pm	21	22	23
				State Championship Camp Randall TBD		
24 Go to Mass	25	MID Q2 26	No School 27	No School 28	No School 29	30

COACH LEE'S CELL: (608)317-7576

Be a multi-sport athlete. The BEST preparation for competition is competition.

- If you are in-season, follow your team's lifting program.
- If you are out of season, follow Coach Eddie's program.

December 2024

See 1000-Yard Club: [Link to 1000 YARD CLUB](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Go to Mass	2 Speed & Strength w/ Coach Eddie 3:30-5:00pm	3 Speed & Strength w/ Coach Eddie 3:30-5:00pm	4 Speed & Strength w/ Coach Eddie 3:30-5:00pm	5 Speed & Strength w/ Coach Eddie 3:30-5:00pm	6 Speed & Strength w/ Coach Eddie 3:30-5:00pm	7
8 Go to Mass	9 Speed & Strength w/ Coach Eddie 3:30-5:00pm	10 Speed & Strength w/ Coach Eddie 3:30-5:00pm	11 Speed & Strength w/ Coach Eddie 3:30-5:00pm	12 Speed & Strength w/ Coach Eddie 3:30-5:00pm	13 Speed & Strength w/ Coach Eddie 3:30-5:00pm	14
15 Go to Mass	16 Speed & Strength w/ Coach Eddie 3:30-5:00pm	17 Speed & Strength w/ Coach Eddie 3:30-5:00pm	18 Speed & Strength w/ Coach Eddie 3:30-5:00pm	19 Speed & Strength w/ Coach Eddie 3:30-5:00pm	20 Speed & Strength w/ Coach Eddie 3:30-5:00pm	21
22 Go to Mass	No School 23	No School 24	CHRISTMAS 25 Go to Mass	No School 26	No School 27	28
29 Go to Mass	No School 30	No School 31				

COACH LEE'S CELL: (608)317-7576