

Parkway North Football Summer Camp 2023

Who: all students in the class of 2024, 2025, 2026, and 2027

Where: Parkway North High School

When: June and July 2023 (Dates listed below)/Summer Calendar Attached

Cost: \$120 for all camp and strength and conditioning sessions

Contact: Head Coach Karl Odenwald/(314) 609.3057/kodenwald@parkwayschools.net

- Please contact Coach Odenwald with any questions

[Link to Register for Camp/Strength and Conditioning](#)

Strength and Conditioning Dates:

June 5, 6, 19, 26, 27, 28, 29

July 3, 5, 6, 10, 11, 12, 13

Football Camp Dates:

June 7, 8, 12, 13, 14, 15, 16, 20, 21, 22, 23

July 17, 18, 19, 20, 21, 24, 25, 26, 27



Parkway North Summer Schedule **June 2023**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Head Coach: Karl Odenwald (314)609.3057 kodenwald@parkwayschools.net				1 <u>Last Day of School</u>	2	3
4	5 Strength and Conditioning 8:00—10:00 AM	6 Strength and Conditioning 8:00—10:00 AM	7 Camp Week 1 8:00—11:30 AM	8 Camp Week 1 8:00—11:30 AM	9	10
11	12 Camp Week 2 5:00 - 8:30 PM <i>Summer School Session 1 Starts</i>	13 Camp Week 2 5:00—8:30 PM	14 Camp Week 2 5:00—8:30PM	15 Team Scrimmage vs. @Ritenour 6:00 PM	16 Mizzou 7v7 Tourney Varsity Only TBD	17
18	19 Strength and Conditioning 12:30—2:30 PM	20 Camp Week 3 5:00—8:30 PM	21 Camp Week 3 5:00—8:30 PM	22 Camp Week 3 5:00—8:30PM	23 Summit/Eureka Camp TBD <i>Summer School Session 1 Ends</i>	24
25	26 Strength and Conditioning 12:30—2:30 PM SS Session 2 Starts	27 Strength and Conditioning 12:30—2:30 PM	28 Strength and Conditioning 12:30—2:30 PM	29 Strength and Conditioning 12:30—2:30 PM	30	



Parkway North Summer Schedule

July 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Head Coach: Karl Odenwald kodenwald@parkwayschools.net	Contact Info: (314)609.3057 kodenwald@parkwayschools.net					1
2	3 Strength and Conditioning 12:30—2:30 PM	4 4th of July No Football Activities	5 Strength and Conditioning 12:30—2:30 PM	6 Strength and Conditioning 12:30—2:30 PM	7 Summer School Session 2 Ends	8
9	10 Strength and Conditioning 12:30—2:30 PM	11 Strength and Conditioning 12:30—2:30 PM	12 Strength and Conditioning 12:30—2:30 PM	13 Strength and Conditioning 12:30—2:30 PM	14	15
16	17 Camp Week 4 5:00—8:30PM	18 Camp Week 4 5:00—8:30PM	19 Camp Week 4 5:00—8:30PM	20 Team Scrimmage @ Kirkwood 8:00 AM	21 Camp/Scrimmage TBD Summer School 3 Ends	22
23	24 Camp Week 5 8:00—11:30AM	25 Camp Week 5 8:00—11:30AM	26 Camp Week 5 8:00—11:30AM	27 Camp/Scrimmage TBD	28 <u>Dead Week</u>	29 <u>Dead Week</u>
30 <u>Dead Week</u>	31 <u>Dead Week</u>	8/1 <u>Dead Week</u>	8/2 <u>Dead Week</u>	8/3 <u>Dead Week</u>	8/4 <u>Dead Week</u>	8/5 <u>Dead Week</u>