

# AUGUST 2023



S	M	T	W	T	F	S
30	31	1 QUIET PERIOD	2 QUIET PERIOD	3 QUIET PERIOD	4 QUIET PERIOD	5 QUIET PERIOD
6 DEAD PERIOD	7 DEAD PERIOD	8 DEAD PERIOD	9 DEAD PERIOD	10 DEAD PERIOD	11 DEAD PERIOD	12 DEAD PERIOD
13 DEAD PERIOD	14 DEAD PERIOD	15 DEAD PERIOD	16 DEAD PERIOD	17 DEAD PERIOD	18 DEAD PERIOD	19 DEAD PERIOD
20 DEAD PERIOD	21 1st Day of Class AM Lift PM Basketball QUIET PERIOD	22 AM Lift PM Basketball QUIET PERIOD	23 OFF QUIET PERIOD	24 AM Lift PM Basketball QUIET PERIOD	25 AM Lift PM Basketball QUIET PERIOD	26 OFF VB vs. Xavier QUIET PERIOD
27 OFF VB vs. Indiana State QUIET PERIOD	28 AM Lift PM Basketball QUIET PERIOD	29 AM Lift PM Basketball QUIET PERIOD	30 OFF QUIET PERIOD	31 AM Lift PM Basketball QUIET PERIOD	1	2
3	4	5	6	7	8	9

# SEPTEMBER 2023



S	M	T	W	T	F	S
27	28	29	30	31	1	2
					AM Lift QUIET PERIOD	Football vs. ECU (3:30PM) AM Basketball QUIET PERIOD
3	4	5	6	7	8	9
OFF QUIET PERIOD	OFF LABOR DAY QUIET PERIOD	AM Lift PM Basketball QUIET PERIOD	7:00AM Conditioning QUIET PERIOD	AM Lift PM Basketball QUIET PERIOD	VB vs. South Carolina 7:00AM Conditioning PM Basketball QUIET PERIOD	Football @ Pittsburgh VB vs. South Carolina RECRUITING PERIOD
10	11	12	13	14	15	16
OFF RECRUITING PERIOD	AM Lift PM Basketball RECRUITING PERIOD	7:00AM Conditioning RECRUITING PERIOD	AM Lift PM Basketball RECRUITING PERIOD	OFF RECRUITING PERIOD	7:00AM Conditioning RECRUITING PERIOD	Football vs. Miami (7:00PM) 3:00PM Fan Fest (5/3) RECRUITING PERIOD
17	18	19	20	21	22	23
OFF RECRUITING PERIOD	AM Lift PM Basketball RECRUITING PERIOD	7:00AM Conditioning Test RECRUITING PERIOD	AM Lift PM Basketball RECRUITING PERIOD	OFF VB vs. UCF RECRUITING PERIOD	AM Lift VB vs. UCF PM make up conditioning Jase R/ Tyler B Visit RECRUITING PERIOD	Football vs. Oklahoma AM Basketball Jase R/ Tyler B Visit RECRUITING PERIOD
24	25	26	27	28	29	30
OFF Jase R/ Tyler B Visit RECRUITING PERIOD	Fall CARA Defensive Boot Camp Day 1 RECRUITING PERIOD	1st Day of Practice 1 Defensive Boot Camp Day 2 RECRUITING PERIOD	Practice 2 6:00AM Defensive Boot Camp Day 3 RECRUITING PERIOD	OFF RECRUITING PERIOD	AM lift Practice3 @ BYU RECRUITING PERIOD	Practice 4 RECRUITING PERIOD
1	2	3	4	5	6	7



# OCTOBER 2023

S	M	T	W	T	F	S
1 OFF RECRUITING PERIOD	2 Practice 5 RECRUITING PERIOD Lift	3 Practice 6 RECRUITING PERIOD	4 Practice 7 RECRUITING PERIOD Lift	5 OFF RECRUITING PERIOD	6 Practice 8 RECRUITING PERIOD	7 Practice 9 RECRUITING PERIOD
8 Practice 10 RECRUITING PERIOD	9 Practice 11 AM lift Reading Day - NO CLASS RECRUITING PERIOD	10 OFF RECRUITING PERIOD	11 OFF RECRUITING PERIOD	12 Practice 12 (Officials) AM lift VB vs Baylor RECRUITING PERIOD	13 Practice 13 VB vs. Baylor RECRUITING PERIOD	14 Practice 14 Football vs. Iowa State RECRUITING PERIOD
15 Practice 15 Scrimmage vs. Maryland RECRUITING PERIOD	16 OFF RECRUITING PERIOD	17 Practice 16 Flight Club Event RECRUITING PERIOD Lift	18 Practice 17 RECRUITING PERIOD Big 12 Media Day	19 Practice 18 RECRUITING PERIOD	20 Practice 19 RECRUITING PERIOD Lift	21 OFF Football vs. Baylor RECRUITING PERIOD
22 OFF RECRUITING PERIOD	23 Practice 20 RECRUITING PERIOD Lift	24 Practice 21 (Officials) Lift RECRUITING PERIOD	25 OFF VB vs. Texas Tech RECRUITING PERIOD	26 Practice 22 RECRUITING PERIOD Lift	27 Practice 23 RECRUITING PERIOD	28 Practice 24 Scrimmage vs. Indiana State Football @ OK State RECRUITING PERIOD
29 Practice 25 VB vs. Houston RECRUITING PERIOD	30 Practice 26 RECRUITING PERIOD Lift	31 OFF RECRUITING PERIOD	1	2	3	4
5	6	7	8	9	10	11



# NOVEMBER 2023

S	M	T	W	T	F	S
29	30	31	1	2	3	4
			Practice 27 RECRUITING PERIOD	Practice 28 RECRUITING PERIOD	OFF RECRUITING PERIOD	Practice 29 Football vs. UCF RECRUITING PERIOD
5	6	7	8	9	10	11
Practice 30 RECRUITING PERIOD	MBB vs. UIC WBB vs. Louisville DEAD PERIOD	OFF DEAD PERIOD	Reading Day - NO CLASS Practice DEAD PERIOD	Practice DEAD PERIOD	MBB vs. Detroit RECRUITING PERIOD	Football @ Houston Practice RECRUITING PERIOD
12	13	14	15	16	17	18
MBB vs. EWU WBB vs. Alabama A&M RECRUITING PERIOD	OFF RECRUITING PERIOD	Practice RECRUITING PERIOD	Practice WBB vs. Lindenwood RECRUITING PERIOD	OFF RECRUITING PERIOD	VB vs. Oklahoma Practice RECRUITING PERIOD	Football @ WVU VB vs. Oklahoma Practice RECRUITING PERIOD
19	20	21	22	23	24	25
MBB vs. NKU WBB vs. Toledo RECRUITING PERIOD	Practice RECRUITING PERIOD	Practice RECRUITING PERIOD	VB vs. Kansas MBB vs. Georgia Tech RECRUITING PERIOD	OFF Thanksgiving Break RECRUITING PERIOD	OFF Thanksgiving Break RECRUITING PERIOD	Practice Thanksgiving Break Football vs. Kansas RECRUITING PERIOD
26	27	28	29	30	1	2
Thanksgiving Break Practice RECRUITING PERIOD	MBB vs. TBD RECRUITING PERIOD	OFF RECRUITING PERIOD	Practice RECRUITING PERIOD	OFF RECRUITING PERIOD		
3	4	5	6	7	8	9



# DECEMBER 2023

S	M	T	W	T	F	S
26	27	28	29	30	1	2
					Practice WBB vs. Tennessee St RECRUITING PERIOD	Practice RECRUITING PERIOD
3	4	5	6	7	8	9
MBB vs FGCU Exams RECRUITING PERIOD	Exams OFF RECRUITING PERIOD	Practice Lift RECRUITING PERIOD	OFF Exams RECRUITING PERIOD	Exams Practice RECRUITING PERIOD	Exams Practice RECRUITING PERIOD	Exams MBB @ Xavier RECRUITING PERIOD
10	11	12	13	14	15	16
Practice WBB vs. Xavier RECRUITING PERIOD	Practice RECRUITING PERIOD	MBB vs. TBD RECRUITING PERIOD	OFF RECRUITING PERIOD	Practice RECRUITING PERIOD	Practice RECRUITING PERIOD	MBB vs. Dayton RECRUITING PERIOD
17	18	19	20	21	22	23
Practice Lift WBB vs. Southern IN RECRUITING PERIOD	Practice RECRUITING PERIOD	MBB vs. Merrimack RECRUITING PERIOD	Practice WBB vs. Miss State RECRUITING PERIOD	Practice RECRUITING PERIOD	MBB vs. Stetson RECRUITING PERIOD	BREAK RECRUITING PERIOD
24	25	26	27	28	29	30
BREAK DEAD PERIOD	BREAK DEAD PERIOD	Practice DEAD PERIOD	Practice RECRUITING PERIOD	Practice RECRUITING PERIOD	MBB vs. Evansville RECRUITING PERIOD	MBB vs. Evansville RECRUITING PERIOD
31	1	2	3	4	5	6
RECRUITING PERIOD						