

June

2019

Summer Football Calendar

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	May 27 Memorial Day	May 28 Lockerroom Camp Equipment Checkout Meetings & Fundraiser 8:35-11:00am Gym Lobby	May 29 Lockerroom Camp 8:45-11:30am Half Pads @ Central	May 30 Lockerroom Camp 8:45-11:30am Half Pads @ Central	May 31 Lockerroom Camp Scrimmage vs Westside 8:00-11:30am @ Westside Full Pads	June 1
2	June 3 Lockerroom Camp Scrimmage vs South/NW 8:45-11:30am @ Central Full Pads	4 Lockerroom Camp Scrimmage vs Papillion 7:15-9:45am @ Westside Full Pads	5 7 on 7 @ Central 8:30am vs Papio South Helmet and Jerseys Lineman 9-10:30 @ Central	6 Lifting & Conditioning 8:45-11:00am Grades 9-12	7 Lifting & Conditioning 8:45-11:00am Grades 9-12	8
9	10 Lifting & Conditioning 8:45-11:00am Grades 9-12	11 Lifting & Conditioning 8:45-11:00am Grades 9-12	12 7 on 7 @ Central 8:30am vs Papillion Helmet and Jerseys Lineman 9-10:30 @ Central	13 Lifting & Conditioning 8:45-11:00am Grades 9-12	14 Lifting & Conditioning 8:45-11:00am Grades 9-12	15
16	17 Lifting & Conditioning 8:45-11:00am Grades 9-12	18 Lifting & Conditioning 8:45-11:00am Grades 9-12	19 7 on 7 @ Burke 8:00am @ Central Helmets and Jerseys Lineman 9-10:30 @ Central	20 Lifting & Conditioning 8:45-11:00am Grades 9-12	21 Lifting & Conditioning 8:45-11:00am Grades 9-12	22
23	24 Lifting & Conditioning 8:45-11:00am Grades 9-12	25 Lifting & Conditioning 8:45-11:00am Grades 9-12	26 7 on 7 @ Westside 8:00am @ Central Helmets and Jerseys Lineman 9-10:30 @ Central	27 Lifting & Conditioning 8:45-11:00am Grades 9-12	28 Lifting & Conditioning 8:45-11:00am Grades 9-12	29
30	<i>Eat something for breakfast before each workout</i>		<i>**dates and times subject to change**</i>		<i>Drink plenty of water to hydrate before each workout</i>	