

August

2019

Summer Football Calendar

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Lifting & Conditioning 8:45-11:00am Grades 9-12	2 Off Day	3
4	5 Weight Room 11am or 1pm Captain's Practice 12-1pm	6 Weight Room 11am or 1 pm Captain's Practice 12-1pm Equipment checkout 9-11am	7 Weight Room 11am or 1pm Captain's Practice 12-1pm	8 Weight Room 11am or 1pm Captain's Practice 12-1pm	9 Off Day	10
11 You must have your physical before this date to practice →	12 First Day of Practice 6:30-9:15pm Helmets & Jerseys	13 Practice #2 6:30-9:15pm Helmets & Jerseys	14 Practice #3 6:30-9:15pm Half Pads	15 First Day of School Practice #4 3:20-6:00pm Half Pads	16 Practice #5 3:20-6:00pm Full Pads	17 Practice #6 8:45am Open Scrimmage 10am Parent Meeting 11am
18	19 Practice #7 3:20-6:00pm Half Pads	20 Practice #8 3:20-6:00pm Full Pads	21 Practice #9 3:20-6:00pm Full Pads	22 Practice #10 3:20-5:00pm Half Pads Gold Cards Blitz Night	23 Purple/White Game @ Central 5:00 pm	24 Practice #11 8:45-11:00am
25	26 Practice #12 3:20-6:00pm Half Pads	27 Practice #13 3:20-5:50pm Full Pads	28 Practice #14 3:20-5:30pm Full Pads	29 Practice #15 3:20-5:00pm Helmets & Jerseys	30 First Game @ Central vs Benson 7:00pm	31
	The last day for juniors and seniors to come out for football is August 14	<i>**dates and times subject to change**</i>	Eat something for breakfast before each workout	Drink plenty of water to hydrate before each workout		