

Durango Football 2018

APRIL

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|------------------------------|-------------------|-----------|--------------------------------|-------------------|----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| | Lift After School | Lift After School | | Lift After School | Lift After School | |
| | 1:30-2pm | 1:30-2:30pm | | 1:30-2pm | 1:30-2:30pm | |
| | MONDAY NIGHT FOOTBALL | | | THURSDAY NIGHT FOOTBALL | | |
| | 6-8pm | | | 6-8pm | | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| | Lift After School | Lift After School | | Lift After School | Lift After School | |
| | 1:30-2pm | 1:30-2:30pm | | 1:30-2pm | 1:30-2:30pm | |
| | MONDAY NIGHT FOOTBALL | | | THURSDAY NIGHT FOOTBALL | | |
| | 6-8pm | | | 6-8pm | | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| | Maxouts | Maxouts | | Maxouts | Maxouts | |
| | 1:30-2pm | 1:30-2:30pm | | 1:30-2pm | 1:30-2:30pm | |
| | MONDAY NIGHT FOOTBALL | | | THURSDAY NIGHT FOOTBALL | | |
| | 6-8pm | | | 6-8pm | | |
| 29 | 30 | | | | | |
| | Lift After School | Lift After School | | Lift After School | Lift After School | |
| | 1:30-2pm | 1:30-2:30pm | | 1:30-2pm | 1:30-2:30pm | |
| | MONDAY NIGHT FOOTBALL | | | THURSDAY NIGHT FOOTBALL | | |
| | 6-8pm | | | 6-8pm | | |

Durango Football 2018

MAY

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|------------------------------|------------------------|------------------------|--------------------------------|--------------------|---------------------|
| | | 1 | 2 | 3 | 4 | 5 |
| | Lift After School | Lift After School | | Lift After School | Lift After School | |
| | 1:30-2pm | 1:30-2:30pm | | 1:30-2pm | 1:30-2:30pm | |
| | MONDAY NIGHT FOOTBALL | | | THURSDAY NIGHT FOOTBALL | | |
| | 6-8pm | | | 6-8pm | | |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| | Lift After School | Lift After School | | Lift After School | Lift After School | |
| | 1:30-2pm | 1:30-2:30pm | | 1:30-2pm | 1:30-2:30pm | |
| | MONDAY NIGHT FOOTBALL | | | THURSDAY NIGHT FOOTBALL | | |
| | 6-8pm | | | 6-8pm | | |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| | Lift After School | Lift After School | | Lift After School | Lift After School | |
| | 1:30-2pm | 1:30-2:30pm | | 1:30-2pm | 1:30-2:30pm | |
| | MONDAY NIGHT FOOTBALL | | | THURSDAY NIGHT FOOTBALL | | |
| | 6-8pm | | | 6-8pm | | |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| | Fianls | | | | Last day of School | |
| | | | | | | 7on7@ DP 8am |
| 27 | 28 | 29 | 30 | 31 | | |
| | | MAXOUTs/TEST | MAXOUTs/TEST | MAXOUTs/TEST | | |
| | | PM WEIGHTS, O/D | PM WEIGHTS, O/D | PM WEIGHTS, O/D | | |
| | | 6:00-9:00pm | 6:00-9:00pm | 6:00-9:00pm | | |

COACH MURDOCK: 660-342-9019

AMOUNT NEEDED FOR EACH GRADE: SENIORS & JUNIORS 7 WEEKS, SOPHOMORES 6 WEEKS, FRESHMEN 5 WEEKS

Durango Football 2018

JUNE

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|--------|---------------------------------------|---------------------------------------|---------------------------------------|--------|------------------------|
| | | | | | 1 | 2 |
| | | | | | | Durango 7on7 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| WEEK #1 | | PM WEIGHTS, O/D 6:00-9:00pm | PM WEIGHTS, O/D 6:00-9:00pm | PM WEIGHTS, O/D 6:00-9:00pm | | ACT testing |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| WEEK #2 | | PM WEIGHTS, O/D 6:00-9:00pm | PM WEIGHTS, O/D 6:00-9:00pm | PM WEIGHTS, O/D 6:00-9:00pm | | 7on7 @ UNLV 8AM |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| WEEK #3 | | PM WEIGHTS, O/D 6:00-9:00pm | PM WEIGHTS, O/D 6:00-9:00pm | PM WEIGHTS, O/D 6:00-9:00pm | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| WEEK #4 | | PM WEIGHTS, O/D 6:00-9:00pm | PM WEIGHTS, O/D 6:00-9:00pm | PM WEIGHTS, O/D 6:00-9:00pm | | |
| | | | | | | |
| | | | | | | |

COACH MURDOCK: 660-342-9019

JUNE POSSIBLE WEIGHT WEEKS 4

AMOUNT NEEDED FOR EACH GRADE: SENIORS & JUNIORS= 7 WEEKS, SOPHOMORES 6 WEEKS, FRESHMEN 5 WEEKS

Durango Football 2018

JULY

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------|--------|------------------------|------------------------|------------------------|--------|----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| OFF | | | | | | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| WEEK #5 | | PM WEIGHTS, O/D | PM WEIGHTS, O/D | PM WEIGHTS, O/D | | |
| | | 6:00-9:00pm | 6:00-9:00pm | 6:00-9:00pm | | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| WEEK #6 | | PM WEIGHTS, O/D | PM WEIGHTS, O/D | PM WEIGHTS, O/D | | |
| | | 6:00-9:00pm | 6:00-9:00pm | 6:00-9:00pm | | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| WEEK #7 | | PM WEIGHTS, O/D | PM WEIGHTS, O/D | PM WEIGHTS, O/D | | |
| | | 6:00-9:00pm | 6:00-9:00pm | 6:00-9:00pm | | |
| 29 | 30 | 31 | | | | |
| WEEK #8 | | PM WEIGHTS, O/D | PM WEIGHTS, O/D | PM WEIGHTS, O/D | | |
| | | 6:00-9:00pm | 6:00-9:00pm | 6:00-9:00pm | | |

COACH MURDOCK: 660-342-9019

JULY POSSIBLE WEIGHT SESSIONS: 3

AMOUNT NEEDED FOR EACH GRADE: SENIORS & JUNIORS= 7 WEEKS, SOPHOMORES 6 WEEKS, FRESHMEN 5 WEEKS

Durango Football 2018

AUGUST

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|------------------------|--------------------------------|--------------------------------|--------------------------------|-------------------------|---------------------------------------|
| | | | 1 | 2 | 3 | 4 |
| | | PM WEIGHTS, O/D 6:00-9:00pm | PM WEIGHTS, O/D 6:00-9:00pm | PM WEIGHTS, O/D 6:00-9:00pm | | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| WEEK #9 | | Helmet Handout | Full Equip. Handout | Full Contact | Full Contact | Full Contact |
| | | PM WEIGHTS, O/D 6:00-9:00pm | PM WEIGHTS, O/D 6:00-9:00pm | PM WEIGHTS, O/D 6:00-9:00pm | Practice 6:00-9:00pm | Purple/Yellow SCRIMMAGE 6PM |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| | Back to School | Prep for Basic | Prep for Basic | Prep for Basic | 7PM vs. Basic | SCRIMMAGE @ Basic |
| | Prep for Basic | Study Hall 1:16-2:00pm | Study Hall 1:30-2:30pm | Study Hall 1:16-2:00pm | | Fresh & |
| | Study Hall 1:16-2:00pm | | | | | Jv |
| | Pracice 6-8pm | Pracice 6-8pm | Pracice 6-8pm | Pracice 6-8pm | | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| | Prep for DP | Prep for DP | Prep for DP | Prep for DP | OFF - BYE WEEK | |
| | Study Hall 1:16-2:00pm | Study Hall 1:16-2:00pm | Study Hall 1:16-2:00pm | Study Hall 1:16-2:00pm | | |
| | | | | | | |
| | Pracice 6-8pm | Pracice 6-8pm | Pracice 6-8pm | Pracice 6-8pm | | |
| 26 | 27 | 28 | 29 | 30 | 31 | |
| | Prep for DP | Prep for DP | Prep for DP | Frosh4pm Jv6:30 | 7pm @ DP | |
| | Study Hall 1:16-2:00pm | Study Hall 1:16-2:00pm | Study Hall 1:16-2:00pm | Study Hall 1:16-2:00pm | | |
| | | | | | | |
| | Pracice 6-8pm | Pracice 6-8pm | Pracice 6-8pm | Pracice 6-8pm | | |

IN- SEASONS CONSEQUENCES

a. UNEXCUSED ABSENCE/TARDY = no prior notice or not approved.
 1st= makeup what missed & meeting with coach, 2nd= do not play 1st QTR, 3rd= 1st half, 4+=game for each
 Don't make up running before game puts you to next step.

EXCUSED ABSENCE/TARTY

i. Make up missed b4 next game or go to unexcused. Any unclear absence will be voted on.