

SOUTHERN WELLS RAIDERS FOOTBALL

July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 RAIDER S-S-E 6:30-8:30 PM	7 FB TEAM WOs 4:30-6:30 PM RAIDER S-S-E 6:30-8:30 PM	8	9 FB TEAM WOs 4:30-6:30 PM RAIDER S-S-E 6:30-8:30 PM	10	11 *2 activity days 3 hrs/per day NO EQUIP NO CONTACT
12 FB TEAM WOs 4:30-6:30 PM RAIDER S-S-E 6:30-8:30 PM	13	14 RAIDER S-S-E 6:30—8:30	15 FOOTBALL TEAM WORKOUTS 5:30-8:30 PM	16 RAIDER S-S-E 6:30-8:30 PM	17	18
19 FB TEAM WOs 4:30-6:30 PM RAIDER S-S-E 6:30-8:30 PM	20	21 RAIDER S-S-E 6:30—8:30	22 FOOTBALL TEAM WORKOUTS 5:30-8:30 PM	23 RAIDER S-S-E 6:30-8:30 PM	24	25 *2 activity days 3 hrs/per day EQUIP No LIVE CONTACT
26 FB TEAM WOs 4:30-6:30 PM RAIDER S-S-E 6:30-8:30PM	27	28 RAIDER S-S-E 6:30—8:30	29 FOOTBALL TEAM WORKOUTS 5:30-8:30 PM	30 RAIDER S-S-E 6:30-8:30 PM	31	

