



FOOTBALL

7-8 GRADES (JH)

2019 SUMMER SCHEDULE

Whatever IT Takes, No Matter What!

Questions: Contact Coach Freeman @ freeman_lee@hsdr3.org

JUNE 2019 JH Football

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 7-8 GRADE 8:30- 10:30 AM Strength/ Speed @ High School	4 7-8 GRADE 8:30- 10:30 AM Strength/ Speed @ High School	5	6 7-8 GRADE 8:30- 10:30 AM Strength/ Speed @ High School	7 OFF	8
9	10 7-8 GRADE 8:30- 10:30 AM Strength/ Speed @ High School	11 7-8 GRADE 8:30- 10:30 AM Strength/ Speed @ High School	12	13 7-8 GRADE 8:30- 10:30 AM Strength/ Speed @ High School	14 OFF	15
16	17 7-8 GRADE 8:30- 10:30 AM Strength/ Speed @ High School	18 7-8 GRADE 8:30- 10:30 AM Strength/ Speed @ High School	19	20 7-8 GRADE 8:30- 10:30 AM Strength/ Speed @ High School	21 OFF	22
23	24 7-8 GRADE 8:30- 10:30 AM Strength/ Speed @ High School	25 7-8 GRADE 8:30- 10:30 AM Strength/ Speed @ High School	26	27 7-8 GRADE 8:30- 10:30 AM Strength/ Speed @ High School	28 OFF	29/30

JULY 2019 JH Football

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>DEAD WEEK OFF!!</i>	2 <i>CELEBRATE</i>	3 <i>4th Of July</i>	4 <i>With</i>	5 <i>FAMILY</i>	6
7	8 <i>7-8 GRADE 8:30- 10:30 AM Strength/ Speed @ High School</i>	9 <i>7-8 GRADE 8:30- 10:30 AM Strength/ Speed @ High School</i>	10	11 <i>7-8 GRADE 8:30- 10:30 AM Strength/ Speed @ High School</i>	12 <i>OFF</i>	13
14	15 <i>7-8 GRADE 8:30- 10:30 AM Strength/ Speed @ High School</i>	16 <i>7-8 GRADE 8:30- 10:30 AM Strength/ Speed @ High School</i>	17	18 <i>7-8 GRADE 8:30- 10:30 AM Strength/ Speed @ High School</i>	19 <i>OFF</i>	20
21	22 <i>CAMP Grades 7-12 8 AM-10:30 AM @ Field house Grass Field (10-12) LIFT 6:30 AM</i>	23 <i>CAMP Grades 7-12 8 AM-10:30 AM @ Field house Grass Field</i>	24 <i>CAMP Grades 7-12 8 AM-10:30 AM @ Field house Grass Field (10-12) LIFT 6:30 AM</i>	25 <i>CAMP Grades 7-12 8 AM-10:30 AM @ Field house Grass Field</i>	26 <i>CAMP Grades 7-12 8 AM-10:30 AM @ Field house Grass Field (10-12) LIFT 6:30 AM</i>	27
28	29 <i>CAMP Grades 7-12 8 CAMP Grades 7-12 8 AM-10:30 AM @ Field house Grass Field (10-12) LIFT 6:30 AM</i>	30 <i>CAMP Grades 7-12 8 AM-10:30 AM @ Field house Grass Field</i>	31 <i>CAMP Grades 7-12 8 AM-10:30 AM @ Field house Grass Field (10-12) LIFT 6:30 AM 8 AM-10:30 AM @</i>			

AUGUST 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 CAMP Grades 7-12 8 AM-10:30 AM @ Field house Grass Field CARD SALE BLITZ 5-8PM	2 Scrimmage with Fox/ St. Clair and WHS Time TBA	3
4	5 DEAD WEEK OFF	6 DEAD WEEK OFF	7 DEAD WEEK OFF	8 DEAD WEEK OFF	9 DEAD WEEK OFF	10 DEAD WEEK OFF
11	12 1st Day of Practice 3PM grades 9-12	13	14	15	16	17
18	19 1st Day of Practice for JH Football Grades 7/8 3PM	20	21	22	23 Varsity Jamboree 6PM @ HOME	24
25	26	27	28	29	30 Varsity @ Sullivan 7PM	31