

MAY 2019

Uniontown

4 Pillars of success

DISCIPLINE

DETERMINATION

DRIVE

CHARACTER

NOW: NEVER OUT

WORKED

MON	TUE	WED	THU	FRI	SAT
		01	02	03	04
		Weights 3:00 -5:00	Weights 3:00 -5:00		
06	07	08	09	10	11
Weights 3:00 -5:00	Weights 3:00 -5:00	Weights 3:00 -5:00	Weights 3:00 -5:00		DL- Skills training 9-10:30
13	14	15	16	17	18
Weights 3:00 -5:00	Weights 3:00 -5:00 MIDDLE school Camp 5-7:15	Weights 3:00 -5:00 MIDDLE school Camp 5-7:15	Weights 3:00 -5:00 MIDDLE school Camp 5-7:15		OL- Skills training 9-10:30
20	21	22	23	24	25
Weights 3:00 -5:00	Out NO SCHOOL High School, Camp 5:30 to 7:30	Weights 3:00 -5:00 High School, Camp 5:30 to 7:30	Weights 3:00 -5:00 High School, Camp 5:30 to 7:30	High School, Camp 5:30 to 7:30	
27	28	29	30	31	
	MAX OUT 3:00-5:00	MAX OUT 3:00-5:00	MAX OUT 3:00-5:00		

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CHARACTER

NOW: NEVER OUT

WORKED

JUNE 2019

MON	TUE	WED	THU	FRI	SAT
					01
03	04	05	06	07	08
10	11	12	13	14	15
Football 4-5:30 weights 6-8:30 Practice	Football 4-5:30 weights 6-8:30 Practice	Football 4-5:30 weights 6-8:30 Practice	Football 4-5:30 weights 6-8:30 Practice		FRESHMAN DINNER AT COACH LLOYDS 5-7
17	18	19	20	21	22
Football 4-5:30 weights 6-8:30 Practice	Football 4-5:30 weights 6-8:30 Practice	Football 4-5:30 weights 6-8:30 Practice	Football Report @ 4 Car pool over @ 5 to AG for 6pm Scrimmage		SOPHOMORE DINNER AT COACH LLOYDS 5-7
24	25	26	27	28	29
Football 4-5:30 weights 6-8:30 Practice	Football 4-5:30 weights 6-8:30 Practice	Football 4-5:30 weights 6-8:30 Practice	Football 4-5:30 weights 6-8:30 Practice		Uniontown 7 on 7 Players report @ 7 am starts @ 8am-3pm

July 2019

Uniontown

4 Pillars of success

DISCIPLINE

DETERMINATION

DRIVE

CHARACTER

NOW: NEVER OUT

WORKED

SUN	MON	TUE	WED	THU	FRI	SAT
	01	02	03	04	05	06
WEEK OFF MORATORIUM						
07	08	09	10	11	12	13
	Football 4-5:30 weights 6-8: 30 Practice	Football 4-5:30 weights 6-8:30 Prac- tice	Football 4-5:30 weights 6-8:30 Prac- tice	Football 4-5:30 weights 6-8:30 Prac- tice	Red Raider Youth camp 5-7:30	JUNIOR DINNER AT COACH LLOYDS 5-7
14	15	16	17	18	19	20
	Football 4-5:30 weights 6-8:30 Prac- tice	Football 4-5:30 weights 6-8:30 Prac- tice	Football 4-5:30 weights 6-8:30 Prac- tice	FCFC FOOT- BALL TOURNA- MENT Report Time.6am Bus leaves at 6:30a 7AM -10AM		
21	22	23	24	25	26	27
	Football 4-5:30 weights 6-8:30 Prac- tice	Football 4-5:30 weights 6-8:30 Prac- tice	Football 4-5:30 weights 6-8:30 Prac- tice	Football 4-5:30 weights 6-8:30 Prac- tice		
28	29	30	31			