

FOOTBALL PRACTICE SCHEDULE

OCT 14TH & 15TH

Monday, Oct. 14th

- 7:00 - 8:00 am: Varsity and Junior Varsity Weights and Special Teams Video
- 3:30 - 4:15 pm: Varsity and Junior Varsity Video
- 4:15- 6:25 pm: Practice (Varsity, Junior Varsity, and Freshman)

Tuesday, Oct. 15th

- 7:00 - 8:00 am: Varsity and Junior Varsity Weights and Special Teams Video
- 3:30 - 4:15 pm: Varsity and Junior Varsity Video
- 4:15- 6:25 pm: Practice (Varsity, Junior Varsity, and Freshman)