**JUNE**



|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  | **30** | **31** | **1** | **2** |
|  |  |  |  **MAY****LAST DAY OF SCHOOL** | **MAY** |  |  |
| **3** | **4** | **5** | **6** | **7** | **8** | **9** |
|  | **FIRST DAY OF SUMMER WORKOUTS****9 to 11:30****ALL PLAYERS REPORT** | **WORKOUTS: MON – THU 9:00 – 11:30 / 9th Grade 9:30 – 11:30** |  |  | **NO WORKOUTS** |  |
| **10****WORKOUTS: MON – THU 9:00 – 11:30 / 9th Grade 9:30 – 11:30** | **11** | **12** | **13** | **14** | **15** | **16** |
|  | **TRINITY PREP 7/7****6:00** |  |  |  | **NO WORKOUTS** |  |
| **17** | **18** | **19** | **20** | **21** | **22** | **23** |
| **WORKOUTS: MON – THU 9:00 – 11:30 / 9th Grade 9:30 – 11:30** | **TRINITY PREP 7/7****6:00** |  |  |  | **NO WORKOUTS** |  |
| **24****WORKOUTS: MON – THU 9:00 – 11:30 / 9th Grade 9:30 – 11:30** | **25** | **26** | **27** | **28** | **29** | **30** |
|  | **TRINITY PREP 7/7****6:00** |  |  |  | **NO WORKOUTS** |  |

 **JULY**



|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** |
|  | **NO WORKOUTS** | **NO WORKOUTS** | **NO WORKOUTS****HOLIDAY** | **NO WORKOUTS** | **NO WORKOUTS** |  |
| **8****WORKOUTS: MON – THU 9:00 – 11:30 / 9th Grade 9:30 – 11:30** | **9** | **10** | **11** | **12** | **13** | **14** |
|  | **TRINITY PREP 7/7****6:00** |  |  |  | **NO WORKOUTS** |  |
| **15****WORKOUTS: MON – THU 9:00 – 11:30 / 9th Grade 9:30 – 11:30** | **16** | **17** | **18** | **19** | **20** | **21** |
|  | **ORGANIZATIONAL****COACHES MEETING****NOON** |  |  | **STRENGTH****TESTING BEGINS:****Height / Weight /****Vertical / 40 /** **Power Cleans** | **NO WORKOUTS** |  |
| **22****WORKOUTS: MON – TUES 9:00 – 11:30 / 9th Grade 9:30 – 11:30** | **23** | **24** | **25** | **26** | **27** | **28** |
|  | **STRENGTH****TESTING CONT:Bench****Make-up’s****Organizational****COACHES MEETING****NOON** | **STRENGTH****TESTING CONT:****Squats****Make-up’s** **Equipment** **Hand-out** | **STRENGTH****TESTING CONT:****ALL Make-up’s****Equipment** **Hand-out****Organizational****COACHES MEETING****NOON** | **NO WORKOUTS** | **NO WORKOUTS****MOM’S CLINIC, CAMP, & SOCIAL****5:00** |  |
| **29** | **30** | **31** |  |  |  |  |
|  | **FIRST DAY OF FALL PRACTICE****8:00 - REPORT****9:00-11:00 PRACTICE****HELMETS / JERSEY / BLACK SHORTS** | **PRACTICE #2****8:00 - REPORT****MEETINGS @ 8:15****PRACTICE****9:00-11:00** **HELMETS / JERSEY / BLACK SHORTS** |  |  |  |  |

 **AUGUST**



|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| **WEEK 1 PRACTICE** | **30** | **31** | **1** | **2** | **3** | **4** |
|  | **FIRST DAY OF FALL PRACTICE****8:00 - REPORT****MEETINGS @ 8:15****PRACTICE****9:00-11:00** **HELMETS / JERSEY / BLACK SHORTS** | **PRACTICE #2****8:00 - REPORT****MEETINGS @ 8:15****PRACTICE****9:00-11:00** **HELMETS / JERSEY / BLACK SHORTS** | **PRACTICE****PRACTICE #3****8:00 - REPORT****MEETINGS @ 8:15****PRACTICE****9:00-11:00** **UPPERS / BLACK SHORTS** | **PRACTICE****PRACTICE #4****8:00 - REPORT****MEETINGS @ 8:15****PRACTICE****9:00-11:00** **UPPERS / BLACK SHORTS** | **PRACTICE #5****8:00 - REPORT****MEETINGS @ 8:15****PRACTICE****9:00-11:00** **UPPERS / BLACK SHORTS** | **POSSIBLE PRACTICE IF WEATHER****8:00 - REPORT****MEETINGS @ 8:15****PRACTICE****9:00-11:00** **UPPERS / BLACK SHORTS** |
| **5** | **6****WEEK 2 PRACTICE** | **7** | **8** | **9** | **10** | **11** |
|  | **TEACHERS REPORT** **PRACTICE #6****2:45 - REPORT****4:00-6:00** **PRACTICE****FULL PADS** | **IRST** **TEACHER WORK DAY****PRACTICE #7****2:45 - REPORT****4:00-6:00** **PRACTICE****FULL PADS** | **TEACHER WORK DAY****PRACTICE #8****2:45 - REPORT****4:00-6:00** **PRACTICE****FULL PADS** | **TEACHER WORK DAY****PRACTICE #9****2:45 - REPORT****4:00-6:00** **PRACTICE****FULL PADS** | **TEACHER WORK DAY****PRACTICE #10****2:45 - REPORT****3:00-5:00** **PRACTICE****FULL PADS****TEAM PICTURES** | **POSSIBLE PRACTICE IF WEATHER****8:00 - REPORT****MEETINGS @ 8:15****PRACTICE****9:00-11:00** **UPPERS / BLACK SHORTS**  |
| **12** | **13** | **14** | **15** | **16** | **17** | **18** |
| **.** | **WEEK 3 PRACTICE – 2:45 – 5:15 GAME WEEK****FIRST DAY OF SCHOOL****PRACTICE****UPPERS / BLACK SHORTS** | **PRACTICE****FULL GEAR** | **PRACTICE****FULL GEAR** | **PRACTICE****HELMETS / PRAC TOPS / BLACK SHORTS** | **KO Classic****@ OVIEDO HS****7:00 p.m.**  |  |
| **19** | **20** | **21** | **22** | **23** | **24** | **25** |
|  | **WEEK 4 PRACTICE – 2:45 – 5:15 GAME WEEK****PRACTICE****UPPERS / BLACK SHORTS** | **PRACTICE****FULL GEAR** | **PRACTICE****FULL GEAR** | **PRACTICE****HELMETS / PRAC TOPS / BLACK SHORTS** | **GAME #1****Vs UNIVERSITY HS****7:00 p.m.** **@ Falcon Stadium** |  |
| **26****WEEK 4 PRACTICE – 2:45 – 5:15 GAME WEEK** | **27** | **28** | **29** | **30** | **31** |  |
|  |  |  |  | **9th GRADE / JV****vs Cypress Creek****@ 5:30 p.m.** | **Game # 2****@ CYPRESS CREEK HS****7:00 p.m.**  |  |