**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.** |  |