**JUNE**



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

**JULY**



|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  | **1** | **2** | **3** | **4** | **5** | **6** |
|  | **MAKE-UP DAY**  **FOR 90%**  **9:00 am - 10:00 am** | **MAKE-UP DAY**  **FOR 90%**  **9:00 am - 10:00 am** | **NO WORKOUTS** | **NO WORKOUTS**  **HOLIDAY** | **NO WORKOUTS** |  |
| **7**  **WORKOUTS: MON – THU 9:00 – 11:30** | **8** | **9** | **10** | **11** | **12** | **13** |
|  |  |  |  |  | **NO WORKOUTS** |  |
| **14**  **WORKOUTS: MON – THU 9:00 – 11:30** | **15** | **16** | **17** | **18** | **19** | **20** |
|  |  |  |  | **STRENGTH**  **TESTING BEGINS:**  **Height / Weight /**  **Vertical / 40 /**  **Power Cleans** | **NO WORKOUTS** |  |
| **21**  **WORKOUTS: MON – TUES 9:00 – 11:30** | **22** | **23** | **24** | **25** | **26** | **27** |
|  | **STRENGTH**  **TESTING CONT: SQUATS**  **ALL Make-up’s** | **STRENGTH**  **TESTING CONT:**  **BENCH**  **ALL Make-up’s**  **Equipment**  **Hand-out** | **STRENGTH**  **TESTING CONT:**  **ALL Make-up’s**  **Equipment**  **Hand-out** | **NO WORKOUTS** | **NO WORKOUTS** |  |
| **28**  **WEEK 1 PRACTICE** | **29** | **30** | **31** |  |  |  |
|  | **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 #3**  **8:00 - REPORT**  **MEETINGS @ 8:15**  **PRACTICE**  **9:00-11:00**  **UPPERS / BLACK SHORTS** |  |  |  |

**AUGUST**



|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  | **WEEK 1 PRACTICE** | **1** | **2** | **3** |
|  |  |  |  | **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** |  |
| **4** | **5**  **WEEK 2 PRACTICE** | **6** | **7** | **8** | **9** | **10** |
|  | **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** | **TEACH WORK DAY**  **PRACTICE #10**  **2:45 - REPORT**  **3:00-5:00**  **PRACTICE**  **UPPERS / BLACK SHORTS**  **MOM’S CLINIC & CAMP – 6:00** | **PRE-SEASON SCRIMMAGE @ WEST ORANGE HS**  **vs. MT. DORA** |
| **11**  **WEEK 3 PRACTICE – 2:45 – 5:15 GAME WEEK** | **12** | **13** | **14** | **15** | **16** | **17** |
| **.** | **FIRST DAY  OF SCHOOL**  **PRACTICE**  **UPPERS / BLACK SHORTS** | **PRACTICE**  **FULL GEAR** | **PRACTICE**  **FULL GEAR** | **PRACTICE**  **HELMETS / PRAC TOPS / BLACK SHORTS** | **KO Classic**  **vs HAGERTY**  **7:00 p.m.** |  |
| **18** | **19** | **20** | **21** | **22** | **23** | **24** |
|  | **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**  **@ UNIVERSITY**  **7:00 p.m.** |  |
| **25**  **WEEK 4 PRACTICE – 2:45 – 5:15 GAME WEEK** | **26** | **27** | **28** | **29** | **30** |  |
|  |  |  |  | **9th GRADE / JV**  **TBA** | **Game # 2**  **vs BOONE**  **7:00 p.m.** |  |