**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.**  |  |