

DAY	DATE	WT. ROOM	HS FB CAMP	FB Practice/Reg. Season	Agility/Conditioning	MS FB CAMP
Tue.	May 28	7-9 am/7-9 pm				
Wed.	May 29	7-9 am/7-9 pm				
Thu.	May 30	7-9 am/7-9 pm				
Mon.	June 4	7-9 am/7-9 pm				
Tue.	June 5	7-9 am/7-9 pm				
Wed.	June 6	7-9 am/7-9 pm				
Thu.	June 7	7-9 am/7-9 pm				
Mon.	June 11	7-9 am/7-9 pm				
Tue.	June 12	7-9 am/7-9 pm				
Wed.	June 13	7-9 am/7-9 pm				
Thu.	June 14	7-9 am/7-9 pm				
Mon.	June 18	7-9 am/7-9 pm				
Tue.	June 19	7-9 am/7-9 pm				
Wed.	June 20	7-9 am/7-9 pm				
Thu.	June 21	7-9 am/7-9 pm				
Mon.	June 25	7-9 am/7-9 pm				
Tue.	June 26	7-9 am/7-9 pm				
Wed.	June 27	7-9 am/7-9 pm				
Thu.	June 28	7-9 am/7-9 pm				
Mon.	July 2	7-9 am/7-9 pm			8:30 PM	
Tue.	July 3	7-9 am/7-9 pm				
Wed.	July 4	No Weighs				
Thu.	July 5	7-9 am/7-9 pm				
Mon.	July 9	Camp	7:30 AM		8:30 PM	
Tue.	July 10	Camp	7:30 AM			
Wed.	July 11	Camp	7:30 AM		8:30 PM	
Thu.	July 12	Camp	7:30 AM			
Fri.	July 13	Camp	7:30 AM			
Mon.	July 16	7-9 am/7-9 pm			8:30 PM	
Tue.	July 17	7-9 am/7-9 pm				
Wed.	July 18	7-9 am/7-9 pm			8:30 PM	
Thu.	July 19	7-9 am/7-9 pm				
Mon.	July 23	7-9 am/7-9 pm			8:30 PM	
Tue.	July 24	7-9 am/7-9 pm				
Wed.	July 25	7-9 am/7-9 pm			8:30 PM	
Thu.	July 26	7-9 am/7-9 pm				
Mon.	July 30	7-9 am/7-9 pm			8:30 PM	
Tue.	July 31	7-9 am/7-9 pm				
Wed.	Aug 1	7-9 am/7-9 pm			8:30 PM	
Thu.	Aug 2	7-9 am/7-9 pm				
Mon.	Aug 6	7-9 am/7-9 pm			8:30 PM	
Tue.	Aug. 7	7-9 am/7-9 pm				
Wed.	Aug 8	7-9 am/7-9 pm			8:30 PM	
Thu.	Aug 9	7-9 am/7-9 pm				
Mon.	Aug 13			7:30 am and 3:30 pm (no pads)		
Tue.	Aug 14			7:30 am and 3:30 pm (no pads)		
Wed.	Aug 15			7:30 am and 3:30 pm (no pads)		
Thu.	Aug 16			3:30 PM (full pads)		
Fri.	Aug 17			3:30 PM (full pads)		
Sat.	Aug 18			9:00 AM Scrimmage		
Mon.	Aug 20				4:00 PM	
Tue.	Aug 21				4:00 PM	
Wed.	Aug 22				4:00 PM	
Thu.	Aug 23	FIRST DAY OF SCHOOL			4:00 PM	
<p>Note: All football players will have to run a timed mile on the first day of practice. If you are here to run and lift at least 25 times this summer you are exempt from the mile. (That means you don't have to run it) That also includes camps.</p>						