

July

2016

SEASON SCHEDULE

ROLL CARDS!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym Times -M.S. Gym- 7:30-8:30 am & 4:30-5:30 pm -H.S. Gym- 8:30-9:30 am & 5:30-6:30 pm	Weight Room Times -H.S. Weight Room- 7:30-8:30 am & 4:30-5:30 pm -M.S. Weight Room- 8:30-9:30 am & 5:30-6:30 pm	Speed Training Times -M.S.- 7:30-8:30 am -H.S.- 8:30-9:30 am			1 Weight Room Closed!	2
3	4	5 Weight Room 7:30-9:30 am 4:30-6:30 pm	6 Weight Room/Speed Training 7:30-9:30 am 4:30-6:30 pm	7 Weight Room 7:30-9:30 am 4:30-6:30 pm	8 Weight Room/Speed Training 7:30-9:30 am	9
10	11 Weight Room/Speed Training 7:30-9:30 am 4:30-6:30 pm	12 Weight Room 7:30-9:30 am 4:30-6:30 pm	13 Weight Room/Speed Training 7:30-9:30 am 4:30-6:30 pm	14 Weight Room 7:30-9:30 am 4:30-6:30 pm	15 Weight Room/Speed Training 7:30-9:30 am	16
17	18 FOOTBALL FUNDAMENTALS Weight Room 9:30-11:30 am	19 FOOTBALL FUNDAMENTALS Weight Room 9:30-11:30 am	20 FOOTBALL FUNDAMENTALS Weight Room 9:30-11:30 am	21 FOOTBALL FUNDAMENTALS Weight Room 9:30-11:30 am	22 Weight Room 7:30-9:30 am	23
24	25 Weight Room 7:30-9:30 am 4:30-6:30 pm	26 Weight Room 7:30-9:30 am 4:30-6:30 pm	27 Weight Room 7:30-9:30 am 4:30-6:30 pm	28 Weight Room 7:30-9:30 am 4:30-6:30 pm	29 Weight Room 7:30-9:30 am	30
31	HIGH SCHOOL FUNDAMENTALS Completed grades 8-11 7:30-9:30 am	TACKLE FOOTBALL FUNDAMENTALS Completed grades 4-7 7:00-8:00 pm	FLAG FOOTBALL FUNDAMENTALS Completed grades 2-3 6:00-7:00 pm	LITTLE PUNTER FUNDAMENTALS Completed grades 4k-1 5:00-6:00 pm		