

# ALMONT FOOTBALL

2020 Important Dates for Almont High School Football (dates subject to change)  
Coach Leusby 586-405-2715

## JV

Date	Time	Description
August 31	11:00 am-1:00pm	PRACTICE
September 1 - October 22		
Monday/Wednesday	3:00-5:15 pm	PRACTICE
Tuesday/Thursday	2:30-4:00 pm	Lift/Speed Training
October 23 - March 15	2:30-4:00 pm	Lift

## VARSITY

Date	Time	Description
August 31	11:00 am-12:30pm	Lift
September 1 - October 22		
Monday/Wednesday	2:30-4:00 pm	Lift/Speed Training
Tuesday/Thursday	3:00-5:30 pm	PRACTICE
October 23 - March 15	2:30-4:00 pm	Lift