



# SUMNER SPARTAN 17 FALL TRAINING CAMP SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13-Aug	14-Aug	15-Aug	16-Aug	17-Aug	18-Aug	19-Aug
OFF	SPARTAN FOOTBALL COMBINE 8:00AM-10:00AM	OFF	WEIGHTS 8AM-9AM PRACTICE 9:30-11:30 HELMETS PRACTICE 3:00-6:00 PARENT MEETING 7PM	PRACTICE 8:30-11:00 30 MIN BREAK 11:30PM to 12:30 HELMETS	WEIGHTS 8AM-9AM PRACTICE 9:3-11:30  PRACTICE 3:00-6:00 HELMETS	8:00am PICTURES PRACTICE 10:00-12:00 DAD'S BBQ FULL-PADS
20-Aug	21-Aug	22-Aug	23-Aug	24-Aug	25-Aug	26-Aug
OFF	WEIGHTS 8AM-9:30AM PRACTICE 10:00-12:30  PRACTICE 3:30-6:00	PRACTICE 10:00-12:30 30 MIN BREAK 1:00PM to 2:00	WEIGHTS 8AM-9:30AM PRACTICE 10:00-12:30  PRACTICE 3:30-6:00	PRACTICE 10:00-12:30 30 MIN BREAK 1:00PM to 2:00	WEIGHTS 8AM-9:30AM PRACTICE 10:00-12:30  PRACTICE 6:00-8:30 FALL SCRIMMAGE 7pm	PRACTICE 10:00-12:00 30 MIN BREAK 12:30PM to 1:30
27-Aug	28-Aug	29-Aug	30-Aug	31-Aug	1-Sep	2-Sep
OFF	WEIGHTS 1PM-2PM PRACTICE 2:30-5:00	PRACTICE 3:30-6:00	WEIGHTS 2PM-3PM PRACTICE 3:30-6:00	PRACTICE 3:30-5:15  TEAM DINNER-5:45pm half pack	GAME DAY SUNSET BOWL SUMNER @ BL SUNSET STADIUM 7PM	OFF
3-Sep	4-Sep	5-Sep	6-Sep	7-Sep	8-Sep	9-Sep
OFF	WEIGHTS 2PM-3PM FILM 3:05-3:50 PRACTICE 4:00-6:00	PRACTICE 3:30-5:30	WEIGHTS 2:30PM-3:15PM PRACTICE 3:30-5:30  SCHOOL START :)	PRACTICE 3:00-4:45  TEAM DINNER-5:15pm half pack	GAME DAY  SUMNER vs S. KITSAP  7PM	OFF



#RareGrit 17

