



2015 SUMNER SPARTAN FALL PRACTICE SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16-Aug	17-Aug	18-Aug	19-Aug	20-Aug	21-Aug	22-Aug
OFF	WEIGHTS/FITNESS COMBINE 8:00AM-10:00AM	OFF	WEIGHTS 8AM-9AM PRACTICE 9:30-11:30 PRACTICE 3:30-6:00 HELMETS	PRACTICE 8:30-11:00 30 MIN BREAK 11:30 to 12:30(ST) HELMETS	WEIGHTS 8AM-9AM PRACTICE 9:30-11:30 PRACTICE 3:30-6:00 HELMETS	8:00am PICTURES PRACTICE 10:30-12:30 DAD'S BBQ FULL-PADS FOOD CARD Pre-Sale
23-Aug	24-Aug	25-Aug	26-Aug	27-Aug	28-Aug	29-Aug
OFF	WEIGHTS 8:30-9:30 PRACTICE 10:00-12:00 PRACTICE 3:30-6:00	PRACTICE 3:30pm-6:00	WEIGHTS 8:30-9:30 PRACTICE 10:00-12:00 PRACTICE 3:30-6:00	PRACTICE 3:30pm-6:00	WEIGHTS 8:30-9:30 PRACTICE 10:00-12:00 Helmets-Walk-Thru PRACTICE 6:00-8:30 FALL SCRIMMAGE	PRACTICE 9:00-11:00 30 MIN BREAK 11:30PM to 12:30 FOOD CARD BLITZ 1-4PM
30-Aug	31-Aug	1-Sep	2-Sep	3-Sep	4-Sep	5-Sep
OFF	WEIGHTS 4:00-5:00 PRACTICE 5:30-7:30	PRACTICE 3:00-5:30	WEIGHTS 4:00-5:00 PRACTICE 5:30-7:30	PRACTICE 3:15-4:45 half pack TEAM DINNER-5:30pm At Sorci's	GAME DAY SUMNER vs FP @ FRANKLIN PIERCE 7PM	OFF REST & RECOVER
6-Sep	7-Sep	8-Sep	9-Sep	10-Sep	11-Sep	12-Sep
OFF	WEIGHTS 2:30-3:15 PRACTICE 3:30-5:30	PRACTICE 3:30-5:30 TEACHER WORK DAY	WEIGHTS 2:30-3:15 PRACTICE 3:30-5:30 SCHOOL START :)	PRACTICE 3:00-4:45 TEAM DINNER-5:15pm half pack	GAME DAY SUMNER vs SHELTON @ SHELTON 7PM	OFF REST & RECOVER



NEXT LEVEL #15

