



2016 SUMNER SPARTAN FALL PRACTICE SCHEDULE



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



NEXT LEVEL #15

