

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6 Gear Handout 5:30-6	7	8
Team Spring Ball (4:15-5:30)						
9	10 Helmets	11 Helmets	12 Shells	13 Full Pads	14 Full Pads	15
Team Spring Ball (4:15-5:45)						
16	17 Full Gear (4:15-6:00)	18 8am – 9:30pm	19 No Practice	20	21 Weight room	22
Spring Ball		Scrimmage-v-Tillamook				
23	24 Weight room	25	26 Weight room	27	28 Weight room	29
30						

EVENTS

Team Spring Ball
June 3-June 14
4:15-5:30 / 5:45

Scrimmage w/Tillamook HS
June 18 (8am-9:30pm)
8am arrive / morning drills
Scrimmage 3:00-5:00
Dinner 5:00-6:30
7:15-8:15 7v7/Linemen Challenge

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Weight room	2	3 Weight room	4	5 Weight room	6
Three weeks of weight room	7	8	9 Weight room	10 Weight room	11 Weight room	12
			Summer Work-outs			13
	14	15	16 Weight room	17 Weight room	18 Weight room	19
			Summer Work-outs			20
	21	22	23 Weight room	24 Weight room	25 Weight room	26
			Summer Work-outs			27
						Dead Week
28	29	30	31			
Dead Week						

EVENTS

Summer Workouts
Monday-Wednesday
9am

Weight Room
Weight room is open Tuesday, Wednesday and Thursday; Varsity players need 20+ lift workouts over summer to have a chance at a starting job!

August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Dead Week		
4	5 Fundraiser starts	6	7	8	9	10
Dead Week	Summer Conditioning				Team Camping Trip	
11	12 Helmets	13 Helmets	14 Shells	15 Shells	16 Full Pads	17 Full Pads Red & Black Game (Watermelon Bowl)
Team Camping Trip	Practice Starts (daily; 2x/day Monday & Wednesday)					
18	19	20	21	22	23	24 Jamboree
	Practice Starts (daily; 2x/day Monday & Wednesday)					
25	26 First Day of School / Regular practice schedule starts	27	28	29 First Team Dinner	30 Season Opener (at home vs Jefferson)	31

EVENTS

Fundraiser
<Details to follow>

Summer Conditioning & Practice
<Details to follow>

Red & Black Game
Players arrive at 9am
Games at 10:30am-noon

Team Camping Trip
<Details to follow>

Jamboree
<Details to follow>