

## CARDINAL FOOTBALL – AUGUST Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Weightlifting & Conditioning 4-5:30	3 Weightlifting & Conditioning 4-5:30	4 Weightlifting & Conditioning 4-5:30  5/6 Camp 5:3-7 (hosted by HS)	5 Weightlifting & Conditioning 4-5:30  7/8 Camp 5:30-7 (hosted by HS)	6	7
8	9 Weightlifting & Conditioning 4-5:30	10 Weightlifting & Conditioning 4-5:30	11 Weightlifting & Conditioning 4-5:30	12 Weightlifting & Conditioning 4-5:30  Gear handout	13	14
15	16 Conditioning & Classroom 9-11  Practice 4-6	17 Practice 4-6:30	18 Conditioning & Classroom 9-11  Practice 4-6	19 Practice 4-6:30	20 Practice 4-6	21 Watermelon Bowl 10-1  Parent Mtg 12:00
22	23 Conditioning & Classroom 9-11  Practice 4-6	24 Practice 4-6:30	25 Conditioning & Classroom 9-11  Practice 4-6	26 Practice 4-5:30  1 <sup>st</sup> Team Dinner	27 Jamboree at Willamina 6pm (bus leaves at 2)	28

Gear: Weightlifting/Conditioning = shorts/cleats  
 Practice 8/16-17-18 = helmet only  
 Practice 8/19 = shoulderpads & helmet  
 Full pads after that