



HEAT PRACTICE PLAN

MORNING PRACTICE

- 5:05 a.m. Treatment - if needed
 - 5:10 a.m. Player report time, dress, & attendance
 - 5:20 a.m. Team Stretch
 - 6:45 a.m. Shower & dress
 - 7:15 a.m. Tardy bell for 1st period
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AFTER SCHOOL PRACTICE

- 2:45 p.m. Report time
- 2:50 p.m. Weight Room
- 3:30 p.m. Practice | Meetings | Video
- 4:15 p.m. End of Practice