

August												
Fall Camp Week #1 (Freshmen)	4	Monday	5	Tuesday	6	Wednesday	7	Thursday	8	Friday	9	Saturday
	5:45 AM 6:00 AM- 6:25 AM 6:30 AM- 7:55 AM 7:00 AM- 8:00 AM 8:00 AM	Freshmen Report Time (Soft Goods) Lift #1/ EQ Pick-Up: Freshmen Practice #1 Player Led UpperClassmen Workout All Players Dismissed	5:45 AM 6:00 AM- 7:25 AM 7:30 AM 7:00 AM- 8:00 AM 8:00 AM	Freshmen Report Time (Soft Goods) Practice #2 Freshmen Dismissed Player Led UpperClassmen Workout UpperClassmen Dismissed	5:45 AM 6:00 AM- 6:25 AM 6:30 AM- 7:55 AM 7:00 AM- 8:00 AM 8:00 AM	Freshmen Report Time (Shells) Lift #2: Freshmen Practice #3 Player Led UpperClassmen Workout All Players Dismissed	5:45 AM 6:00 AM- 7:25 AM 7:30 AM- 8:00 AM 7:00 AM- 8:00 AM 8:00 AM	Freshmen Report Time (Shells) Practice #4 Freshmen Dismissed Player Led UpperClassmen Workout UpperClassmen Dismissed	5:45 AM 6:00 AM- 6:25 AM 6:30 AM- 7:55 AM 8:00 AM-	Freshmen Report Time (Shells) Lift #3: Freshmen Practice #5 Freshmen Dismissed		
Fall Camp Week #2 (Upper & Freshmen)	11	Monday	12	Tuesday	13	Wednesday (First Day of School)	14	Thursday	15	Friday	16	Saturday
	5:30 AM 5:45 AM- 7:45 AM 7:15 AM 7:30 AM- 7:55 AM 8:00 AM 8:00 AM- 9:25 AM 9:30 AM	Uppperclassmen Report Time (Soft Goods) Uppperclassmen Practice #1 Freshmen Report Time (Full Pads) Freshmen Lift #1 Uppperclassmen Dismissed Freshmen Practice #6 Freshmen Dismissed	5:30 AM 5:45 AM- 7:45 AM 7:15 AM 7:30 AM- 7:55 AM 8:00 AM 8:00 AM- 9:25 AM 9:30 AM	Uppperclassmen Report Time (Soft Goods) Uppperclassmen Practice #2 Freshmen Report Time (Full Pads) Freshmen Lift #2 Uppperclassmen Dismissed Freshmen Practice #6 Freshmen Dismissed	5:30 AM 5:45 AM- 6:45 AM 6:50 AM	Uppperclassmen Report Time (Shells) Uppperclassmen Practice #3 Uppperclassmen Dismissed 3rd Block (5th/6th) 4th Block (7th/ 8th)	5:30 AM 5:45 AM- 6:45 AM 6:50 AM	Uppperclassmen Report Time (Shells) Uppperclassmen Practice #4 Uppperclassmen Dismissed 3rd Block (5th/6th) 4th Block (7th/ 8th)	5:30 AM 5:45 AM- 6:45 AM 6:50 AM	Uppperclassmen Report Time (Shells) Uppperclassmen Practice #5 Uppperclassmen Dismissed 3rd Block (5th/6th) 4th Block (7th/ 8th)	7:00 AM- 7:20 AM 7:30 AM- 9:00 AM 1:00 PM- 2:00 PM 3:00 PM	Uppperclassmen Report Time (Full Pads) Early Out Practice #6 (Full Pads) Freshmen arrive for pictures Freshmen Pictures (Uppperclassmen arrive) Uppperclassmen Pictures
Fall Camp Week #3 Scrimmage	18	Monday	19	Tuesday	20	Wednesday	21	Thursday	22	Friday	23	Saturday
	5:30 AM 5:45 AM- 6:45 AM 6:50 AM	Uppperclassmen Report Time (Full Pads) Uppperclassmen Practice #7 Uppperclassmen Dismissed	5:30 AM 5:45 AM- 6:45 AM 6:50 AM	Uppperclassmen Report Time (Full Pads) Uppperclassmen Practice #8 Uppperclassmen Dismissed	5:30 AM 5:45 AM- 6:45 AM 6:50 AM	Uppperclassmen Report Time (Shells) Uppperclassmen Practice #9 Uppperclassmen Dismissed	6:30 AM 6:40 AM- 7:00 AM 7:00 AM	Varsity Report Time (Travel Shirt) Game Day Guest Speak Meeting Varsity Dismissed		Treatment in Training Room		
In Season Week 1 Game #1	25	Monday	26	Tuesday	27	Wednesday	28	Thursday	29	Friday	30	Saturday
	6:00 AM 6:05 AM- 6:35 AM 6:40 AM- 6:50 AM 6:50 AM	Varsity Report Varsity Lift #1 Varsity Scouting Report Meeting Varsity Dismissed	5:30 AM 5:45 AM- 6:45 AM 6:50 AM	Uppperclassmen Report Time (Full Pads) Uppperclassmen Practice #2 Uppperclassmen Dismissed	5:30 AM 5:45 AM- 6:45 AM 6:50 AM	Uppperclassmen Report Time (Shells) Uppperclassmen Practice #2 Uppperclassmen Dismissed	6:30 AM 6:40 AM- 7:00 AM 7:00 AM	Varsity Special Teams Report Time Special Teams Meeting Varsity Dismissed	6:30 AM 6:40 AM- 7:00 AM 7:00 AM	Varsity Report Time (White Shirt & Tie) Game Day Guest Speak Meeting Varsity Dismissed		
Klein	3rd Block (5th/6th)	Varsity Film/ Run-Thru JV Lift #1/ Team	3rd Block (5th/6th)	Varsity Lift #2/ Film JV Team/ Lift #2	3rd Block (5th/6th)	Varsity: 50 in 30/ 6 Period Practice JV: 50 in 30/ Run-Thru	3rd Block (5th/6th)	Varsity KTF/ Run-Thru JV Lift #3/ Film Review	3rd Block (5th/6th)	Varsity Lift #3/ Film Review JV Film Review/ Lift #3.5		
	4th Block (7th/ 8th)	Freshmen Lift #1 & Practice #1	4th Block (7th/ 8th)	Freshmen Practice #2-	4th Block (7th/ 8th)	Freshmen: KTF/ Run-Thru	4th Block (7th/ 8th)	Freshmen Lift #3/ Film Review	4th Block (7th/ 8th)	Freshmen Lift #3.5/ Film Review		8:00 Treatment
In Season Week 2 Game #2 Stratford	1	Monday	2	Tuesday	3	Wednesday	4	Thursday	5	Friday	6	Saturday
	School Holiday Varsity/JV Practices: 9/1, 10/13, 11/3, 11/4 School Holiday Freshmen Practices: 11/4 More details about these morning practices to follow	5:30 AM 5:45 AM- 6:45 AM 6:50 AM	Uppperclassmen Report Time (Full Pads) Uppperclassmen Practice #2- 12 Uppperclassmen Dismissed	5:30 AM 5:45 AM- 6:45 AM 6:50 AM	Uppperclassmen Report Time (Shells) Uppperclassmen Practice #3- 12 Uppperclassmen Dismissed	6:30 AM 6:40 AM- 7:00 AM 7:00 AM	Varsity Report Time (Polos) Game Day Guest Speak Meeting Varsity Dismissed		Treatment			
			3rd Block (5th/6th)	Varsity Lift #2/ Film JV Team/ Lift #2	3rd Block (5th/6th)	Varsity: 50 in 30/ 6 Period Practice JV: 50 in 30/ Run-Thru	3rd Block (5th/6th)	Varsity Film/ Run-Thru JV Lift #3/ Film Review	3rd Block (5th/6th)	Varsity Lift #3/ Film Review JV Film Review/ Lift #3.5		
			4th Block (7th/ 8th)	Freshmen Practice #2- 15	4th Block (7th/ 8th)	Freshmen: KTF/ Run-Thru	4th Block (7th/ 8th)	Freshmen Lift #3/ Film Review	4th Block (7th/ 8th)	Freshmen Lift #3.5/ Film Review		
			2:45 PM 3:00 PM- 3:55 PM 4:00 PM	Uppperclassmen Report Time (Full Pads) Uppperclassmen Practice #2 5- 11 Special Teams: KOR & Punt Return Uppperclassmen Dismissed	2:35 PM 2:40 PM- 3:10 PM 3:00 PM- 3:30 PM 4:00 PM	Varsity Report Time Varsity Run-Thru Varsity Team Meeting (Sticker Party) Varsity Day Before Team Meal	Game #2- Away: Beat Stratford!!!!		After: Players dismissed at bell			
September												