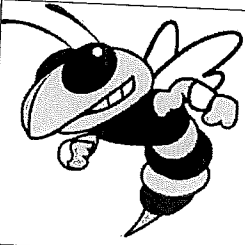


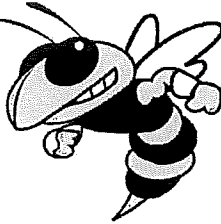
# Avondale Yellow Jackets Football-June, 2018



					1	2 <i>MHSAA 2018 Division I State Track Meet</i>
3 Off	4 Weight Room: 2:30-4:00 PM  Track Banquet	5 Weight Room: 2:30-3:30 PM  <i>7-on-7 Prep: 3:30-4:30 PM</i>	6 Weight Room: 2:30-4:00 PM	7 Weight Room: 2:30-3:30 PM  <i>7-on-7 Prep: 3:30-4:30 PM</i>	8 Weight Room: 2:30-4:00 PM	9 <i>Study for Your Final Exams!</i>  <i><u>Don't wait until the last minute!</u></i>
10 Off  <i>Study for Your Final Exams!</i>	11 Weight Room: 2:30-4:00 PM:  <i>Study for Your Final Exams!</i>	12 Weight Room: 2:30-3:30 PM <i>7-on-7 Prep: 3:30-4:30 PM</i> <i>Study for Your Final Exams!</i>	13 <b>HS Final Exams Half Day of School</b> <i>Study for Your Final Exams!</i>	14 <b>HS Final Exams Half Day of School</b> <i>Study for Exams! 7-on-7 Prep: 3:30-4:30 PM</i>	15 <b>HS Final Exams Half Day of School</b> <i>Last Day of School!</i>	16  <b>2018 Avondale Summer Football Program Begins!</b>
17  <b>Happy Father's Day!</b> Off	18 Strength Training & Conditioning: 4:00-5:45 PM	19 Strength Training & Conditioning: 4:00-5:45 PM	20 <b>Brandon 7-on-7:</b> 6:00-8:00 PM Arrive @ 5:15 PM Linemen Challenge 6:00-8:00 PM?	21 Strength Training & Conditioning: 4:00-5:45 PM	22 Strength Training & Conditioning: 3:30-4:45 PM BBQ	23 <b>Goodrich 7-on-7 Passing Tournament @ Goodrich HS 10:00 AM</b>
24 Off	25 Strength Training & Conditioning: 4:00-5:45 PM	26 <b>"Avondale/Seaholm Team Challenge": @ Avondale HS 6:00-8:00 PM</b>	27 Strength Training & Conditioning: 4:00-5:45 PM	28 <b>Wayne State Univ. 7-on-7 Passing Tournament 9:00 AM (Varsity Only)</b>	29 Strength Training & Conditioning: 3:30-4:45 PM BBQ	30 <i>Please support the 2018 Avondale FB Golf Outing! Sunday, July 29<sup>th</sup></i>

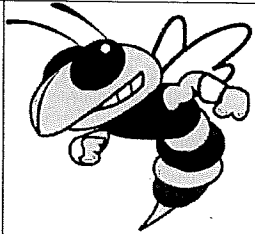
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# Avondale Yellow Jackets Football-July, 2018

	<p><i>PLEASE Get Your Physical taken care of!</i>  <b>Due on July 27<sup>th</sup> Equipment Issue Day</b></p>	<p><i>Don't Forget your Avondale Athletic Code of Conduct:</i>  <b>Due on July 27<sup>th</sup> Equipment Issue Day</b></p>	<p><i>Prepare for your upcoming fees: "Pay-to-Pay"!</i>  <b>Due on Aug. 18th</b></p>	<p><i>Avondale Football 2018Community Service Project: Habitat For Humanity: Sat. July 14<sup>th</sup>!</i></p>	<p><i>Please support the 2018 Avondale FB Golf Outing! Sunday, July 29<sup>th</sup> @ Sanctuary Lake</i></p>	
<p>1 Dead Week! No Scheduled Activities</p>	<p>2 Dead Week! No Scheduled Activities</p>	<p>3 Dead Week! No Scheduled Activities</p>	<p>4 Dead Week! No Scheduled Activities</p>	<p>5 Dead Week! No Scheduled Activities</p>	<p>6 Dead Week! No Scheduled Activities</p>	<p>7 Dead Week! No Scheduled Activities</p>
<p>8 Off</p>	<p>9 <b>2018 Avondale Football Team Camp</b> 3:45-6:45 PM</p>	<p>10 <b>2018 Avondale Football Team Camp</b> 3:45-6:45 PM</p>	<p>11 <b>Kettering 7-on-7: 6:00-8:00 PM</b> Arrive @ 5:15 PM Linemen Challenge 6:00-8:00 PM</p>	<p>12 <b>2018 Avondale Football Team Camp</b> 3:45-6:45 PM</p>	<p>13 Stoney Creek's 1st Annual Linemen Challenge: 10 AM Strength Training &amp; Conditioning: 3:30-4:45 PM</p>	<p>14 <i>Don't forget your Avondale Athletic Code of Conduct: Due on July 27th</i></p>
<p>15 Off</p>	<p>16 Strength Training &amp; Conditioning: 4:00-5:45 PM</p>	<p>17 Strength Training &amp; Conditioning: 4:00-5:45 PM <i>JV 7-on-7 Date @ Goodrich HS</i></p>	<p>18 <b>Avondale 7-on-7: 6:00-8:00 PM</b> Arrive @ 5:15 PM Linemen Challenge 6:00-8:00 PM</p>	<p>19 Strength Training &amp; Conditioning: 4:00-5:45 PM <b>Brandon 7-on-7: 6:00-8:00 PM??</b></p>	<p>20 Strength Training &amp; Conditioning: 3:30-4:45 PM BBQ</p>	<p>21 <i>Avondale Football 2018Community Service Project: Habitat For Humanity: 10:00 AM</i></p>
<p>22 Off</p>	<p>23 Strength Training &amp; Conditioning: 4:00-5:45 PM</p>	<p>24 Strength Training &amp; Conditioning: 4:00-5:45 PM <i>JV 7-on-7 Date @ Goodrich HS</i></p>	<p>25 Strength Training &amp; Conditioning: 4:00-5:45 PM <b>Stoney 7-on-7: 6:00-8:00 PM</b></p>	<p>26 Strength Training &amp; Conditioning: 4:00-5:45 PM</p>	<p>27 Equipment Issue: TBD Senior BBQ: Location: TBD 5:00 PM</p>	<p>28 <i>Alma College Passing Jamboree: 10 AM</i></p>

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# Avondale Yellow Jackets Football-August, 2018

July 29 <i>2018 Avondale FB Golf Outing! Sunday, July 29<sup>th</sup> @ Sanctuary Lake Golf Course 8:00 AM Start</i>	July 30 <b>Dead Week No Scheduled Activities</b>	July 31 <b>Dead Week No Scheduled Activities</b>	1 <b>Dead Week No Scheduled Activities</b>	2 <b>Dead Week No Scheduled Activities</b>	3 <b>Dead Week No Scheduled Activities</b>	4 <b>Dead Week No Scheduled Activities</b>
5 Physicals should be already handed in! Get to bed early and eat a balanced meal(s)	6 <i>1<sup>st</sup> Official Day of Practice! 3:45-7:15 PM Helmets/No Pads *Meeting @ 3:15*</i>	7 <b>Practice #2: 3:45-7:15 PM Helmets/No Pads Strength Training &amp; Conditioning</b>	8 <b>Practice #3: 3:45-7:15 PM Shells</b>	9 <b>Practice #4: 3:45-7:15 PM Full Pads/Shells Strength Training &amp; Conditioning</b>	10 <b>Practice #5: 3:45-6:00 PM Shells/Full Pads</b>	11 <i>Purple &amp; Gold Scrimmage/ Team Pictures &amp; Family Picnic 9:30AM-1:30 PM</i>
12 <i>“Parents &amp; Sons” Softball Game: Avondale High School 1:00 PM</i>	13 <b>Practice #6: 3:45-7:00 PM Full Pads/Shells Strength Training &amp; Conditioning</b>	14 <b>Practice #7: 3:45-7:00 PM Full Pads/Shells</b>	15 <b>Practice #8: 3:30-5:30 PM Shells</b>	16 <i>Pre-Season 4-Way Scrimmage @ Warren Mott Varsity: 10 AM Junior Var.: 1 PM</i>	17 <b>Practice #9: 3:00-6:00 PM “Flex &amp; Stretch” Strength Train &amp; Conditioning Scrimmage Film</b>	18 <b>Practice #10: 9:00-12:00 Noon Shells Pay-to-Participate Money is Due!</b>
19 Off	20 <b>Practice #11: 3:30-6:30 PM Full Pads Strength Training &amp; Conditioning-V</b>	21 <b>JV Pre-Game: 3:30-5:00 PM V. Practice #12: 5:00-7:00 PM Full Pads “War Day”</b>	22 <b>Sub Var: Game 1 Troy (H) 4:30 PM/6:30 PM V. Practice #13: Pre-Game Practice 3:00-4:45 PM Shells</b>	23 <b>Junior Varsity: 2:30-5:00 PM Strength Training &amp; Conditioning Game Film Varsity Game #1: Troy (A)</b>	24 <b>Varsity &amp; JV : 3:00-6:00 PM Practice #14: “Flex &amp; Stretch” Strength Training &amp; Conditioning Game Film</b>	25 <b>Practice #15: 9:00-12:00 Noon Shells</b>
26 Off	27 <b>Practice #16: 3:30-6:30 PM Full Pads Strength Training &amp; Conditioning-V</b>	28 <b>JV Pre-Game: 3:30-5:00 PM V. Practice #17: 5:00-7:00 PM Full Pads “War Day”</b>	29 <b>Sub Var.: Game 2 Warren Fitz (A) V. Practice #18: Pre-Game Practice 4:00-5:45 PM Shells</b>	30 <b>Junior Varsity: Strength Training &amp; Conditioning Game Film Varsity Game #2: Warren Fitz (H)</b>	31 <b>JV Practice: 9:00-12:00 Noon V. Practice #19: 8:30-11:30 AM “Flex &amp; Stretch” Strength Training &amp; Conditioning &amp; Film</b>	

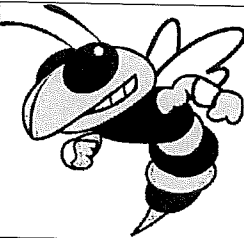
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# Avondale Yellow Jackets Football-September, 2018

		<p><u>Study Table</u> will be for anyone with a grade(s) below a C- at each Eligibility Check: Monday-Thursday after practice.</p>	<p>Academics/Grades need to be kept in check!  1<sup>st</sup> "Eligibility Check" is the week of Sept. 17<sup>th</sup>!</p>			<p>1  Both Levels: Varsity &amp; Junior Varsity Off!</p>
<p>2  Both Levels: Varsity &amp; Junior Varsity Off!</p>	<p>3 <b>Labor Day</b> V. Practice #20: **Varsity Only!** 8:30-11:30 AM Shells...<u>Must</u> bring equipment home!</p>	<p>4 <b>1<sup>st</sup> Day of School!</b> V/JV Practice #21: 2:40-5:45 PM Full Pads Strength Training &amp; Conditioning-L</p>	<p>5 JV Pre-Game: 2:40-4:30 PM V. Practice #22: 5:00-7:00 PM Full Pads "War Day"</p>	<p>6 Sub Var: Game #3: Pontiac (H) V. Practice #23: 2:40-4:30 PM Pre-Game Practice/ Shells</p>	<p>7 JV Practice: 2:40-5:30 PM Strength Training &amp; Conditioning Game Film Varsity Game #3: Pontiac (A)</p>	<p>8 V. Practice #24: 8:30-11:30 AM "Flex &amp; Stretch" Strength Training &amp; Conditioning Game Film</p>
<p>9  Off!</p>	<p>10 V/JV Practice #25: 2:40-5:45 PM Shells Strength Training &amp; Conditioning-L</p>	<p>11 V/JV Practice #26: 2:40-5:45 PM Full Pads Strength Training &amp; Conditioning-V</p>	<p>12 JV Pre-Game: 2:40-4:30 PM V. Practice #27: 5:00-7:00 PM Full Pads "War Day"</p>	<p>13 Sub Var: Game #4: Ferndale (A) V. Practice #28: 2:40-4:30 PM Pre-Game Practice/ Shells</p>	<p>14 JV Practice: 2:40-5:30 PM Strength Training &amp; Conditioning Game Film Varsity Game #4: Ferndale (H)</p>	<p>15 V. Practice #29: 8:30-11:30 AM "Flex &amp; Stretch" Strength Training &amp; Conditioning Game Film</p>
<p>16  Off!</p>	<p>17 V/JV Practice #30: 2:40-5:45 PM Shells Strength Training &amp; Conditioning-L</p>	<p>18 V/JV Practice #31: 2:40-5:45 PM Full Pads Strength Training &amp; Conditioning-V</p>	<p>19 JV: Pre-Game 2:40-4:30 PM V. Practice #32: 5:00-7:00 PM Full Pads "War Day"</p>	<p>20 Sub Var: Game #5: Farmington (H) V. Practice #33: 2:40-4:30 PM Pre-Game Practice/ Shells</p>	<p>21 JV Practice: 2:40-5:30 PM Strength Training &amp; Conditioning Game Film Varsity Game #5: Farmington (A)</p>	<p>22 V. Practice #34: 8:30-11:30 AM "Flex &amp; Stretch" Strength Training &amp; Conditioning Game Film</p>
<p>23  Off!</p>	<p>24 V/JV Practice #35: 2:40-5:30 PM Shells Strength Training &amp; Conditioning-L</p>	<p>25 V/JV Practice #36: 2:40-5:45 PM Full Pads Strength Training &amp; Conditioning-V</p>	<p>26 JV: Pre-Game 2:45-4:30 PM V. Practice 37: 5:00-7:00 PM Full Pads "War Day"</p>	<p>27 Sub Var: Game #6: Berkley (A) V. Practice #38: 2:40-4:30 PM Pre-Game Practice/ Shells</p>	<p>28 JV Practice: 2:40-5:30 PM Strength Training &amp; Conditioning Game Film Varsity Game #6: Berkley (H)</p>	

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# Avondale Yellow Jackets Football-October, 2018

						Sept. 29 V. Practice #40: 8:30-11:30 AM "Flex & Stretch" Strength Training & Conditioning Game Film
Sept. 30 Off!	1 V/JV Practice #41: 2:45-5:30 PM Shells Strength Training & Conditioning-V	2 V/JV Practice #42: 2:45-5:30 PM Full Pads/Shells Strength Training & Conditioning-V	3 JV: Pre-Game 2:45-4:30 PM V. Practice #43: 5:00-7:00 PM Full Pads "War Day"	4 Sub Var: Game #7 Royal Oak (A) V. Practice #44: 2:45-4:30 PM Shells Pre-Game Practice	5 JV: 2:45-5:30 PM Strength Training & Conditioning Game Film Varsity Game #7: Royal Oak (H)	6 V. Practice #45: 8:30-11:30 AM "Flex & Stretch" Strength Training & Conditioning Game Film
7 Off!	8 V/JV Practice #46: 2:45-5:15 PM Shells Strength Training & Conditioning-V	9 V/JV Practice #47: 2:45-5:30 PM Full Pads/Shells Strength Training & Conditioning-V	10 JV: Pre-Game 2:45-4:30 PM V. Practice #48: 5:00-7:00 PM Full Pads "War Day"	11 Sub Var: Game #8 Hazel Park (H) V. Practice #49: 2:45-4:30 PM Shells Pre-Game Practice	12 JV: 2:45-5:30 PM Strength Training & Conditioning Game Film Varsity Game #8: Hazel Park (A)	13 V. Practice #50: 9:00-11:45 AM "Flex & Stretch" Strength Training & Conditioning Game Film
14 Off!	15 V/JV Practice #51: 2:45-5:15 PM Shells Strength Training & Conditioning-V	16 V/JV Practice #52: 2:45-5:30 PM Full Pads/Shells Strength Training & Conditioning-V	17 JV: Pre-Game 2:45-4:30 PM V. Practice #53: 5:00-7:00 PM Full Pads "War Day"	18 Sub Var: Game #9 N. Farmington (H) V. Practice #54: 2:45-4:30 PM Shells Pre-Game Practice	19 JV: 2:45-4:30 PM Game Film Varsity Game #9: N. Farmington (A)	20 V. Practice #55: 9:00-11:45 Noon "Flex & Stretch" Game Film Playoffs
21 2018 MHSAA Football Playoff Pairings Location: TBD	22 V. Practice #56: 2:45-5:15 PM Shells Strength Training & Conditioning-V	23 V. Practice #57: 2:45-5:30 PM Full Pads/Shells Strength Training & Conditioning-V	24 V. Practice 58: 5:00-7:00 PM Full Pads "War Day"	25 V. Practice #59: 2:45-4:30 PM Pre-Game Practice/ Game Situations Shells	26 Playoff Game #1: TBD	27 V. Practice #60: 9:00-11:45 AM "Flex & Stretch" Strength Training & Conditioning Game Film

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