

Tiger Football 2020

Important Dates & Times

Monday 8/3 – Wednesday 8/5: Summer Strength and Conditioning Camp will continue as it has all summer. Morning Sessions starting at 8am, 9am, & 10am as well at 5pm. Sport Specific Football Workout Starting at 6pm each day.

*******Starting on AUGUST 6th. Due to Teacher In-service Schedule, the following Strength and Conditioning Camp time slots are only available to Football Players. All other sports workout times will be determined by that sports Head Coach. *******

Thursday 8/6: Summer Strength and Conditioning Camp offered to Football Only
3pm, 4pm, & 5pm Sign up online
Sport Specific Football workout at 6pm.

Off on Friday 8/7

Monday 8/10 - Thursday 8/13: Summer Strength and Conditioning Camp @ 3pm, 4pm & 5PM
Sport Specific Football @ 6pm

Monday 8/17 - Thursday 8/20: Summer Strength and Conditioning Camp @ 3pm, 4pm & 5PM
Sport Specific Football @ 6pm

Monday 8/24 – Week School Starts: Workouts will take place during the class period
Sport Specific after school 4:45 – 6pm.

Monday 8/31 – School Week 2: Equipment Handout and Weights during class period
Sport Specific after School 4:45 – 6pm.

Monday September 7th – FIRST DAY OF FOOTBALL PRACTICE – LABOR DAY!

JV & VAR – 8AM – 12 noon

9th grade – 8AM – 10 am

Tues. September 8th – Friday September 11th

JV & VAR – After School Practice 4:45 – 7:30pm

9th grade – 7:30 am Start time

Saturday September 12th – Picture Day & Practice

Pictures

Varsity: 8 am

JV: 8:30 am

Freshman: 9 am

Practice

Varsity & JV: 10 am – 11

Freshman: 11 am – 12

Game Week Schedule

JV & Varsity: Monday & Tuesday
4:45 – 7pm

Wednesday
4:45 – 6:30pm

Thursday
JV – Game Night
Varsity - 4:45 – 5:45
Team Dinner after practice

Freshman: Monday – Wednesday
7:30 am – On the Field Start

Thursday
8:25 am – Start time – Game Day

Friday
8:25 am – Start time – Weights & Film