

**Varsity Football
In-Season
Practice Organization Schedule**

Monday

6:45-7:40	Meet with Varsity/Friday Night Game Film
1:30-1:50	Lift
2:00-2:40	Meetings
2:40-3:00	Dress / Tape
3:15-5:00	Practice

Tuesday

7:00-7:30	Meetings
1:30-2:00	Dress / Tape
2:15-4:00	Varsity Practice

Wednesday

6:55-7:20	Lift
1:30-2:00	Study Hall
2:00-2:30	Meetings
2:30-3:00	Dress / Tape
3:15-4:15	Practice

Thursday

1:30-2:00	Study Hall
2:15-3:00	Pre-Game

Friday

1:30-2:05	Equipment Issue
2:05-2:15	Position Meetings
2:25-3:05	Pep Rally
3:20-4:00	Team Dinner
4:00-4:30	Position Meetings
4:40-4:50	FCA (Optional)