Opponent: Morton-Intrasquad	August 12-17				
		JV and Varsity 5th Period			
(AM)MONDAY	**(AM)TUESDAY**	**(AM)WEDNESDAY**	**(AM)THURSDAY**	**(AM)FRIDAY**	**SATURDAY**
1. Release 11:05	1. Release 11:05	1. Release 11:05	1. Release 11:05	1. Release 11:05	SCRIMMAGE PARENT MEETING
2. 11:15 All athletes on the field KO/KOR	2. 11:15 All athletes on the field Punt Punt Return	2. 11:15 All athletes on the field KO/KOR	2. 11:15 All athletes on the field Punt Punt Return		8am Arrival
					8:45 (10) Specialty
3. 11:40 Offense - Meeting /Defense Lift	3. 11:45 Practice	3. 11:40 Offense - Meeting /Defense Lift	3. 11:45 Practice	3. 11:45 Practice	9:00 EDD- Warm Up
4. 12:10 Switch	4. 12:45 Release to lunch	4. 12:10 Switch	4. 12:45 Release to lunch		9:10 ALL SPECIAL TEAM RUN THROUGH
5. 12:45 Release to lunch		5. 12:45 Release to lunch		5. 12:45 Release to lunch	9:40 Scrimmage
					Parent meeting - Fundrasier to follow
		JV and Varsity-After School			
(PM) Girdles	**(PM) Girdles**	**(PM) Girdles (NO SWEAT WEDNESAY)**	**Thursday Game Day**	**(PM) Girdles**	
3:50 End of school	3:50 End of school	3:50 End of school	3:50 End of school	3:50 End of school	
4:05 (10) Specialty	4:05 (10) Specialty	4:05 (10) Specialty	4:05 (10) Specialty	4:00 Meetings	
4:15 (98 Min) PRACTICE	4:15 (70 Min) PRACTICE	4:15 (98 Min) PRACTICE	4:15 (98 Min) PRACTICE	4:30 Out the Door	
5:50 EOP and Release	5:20 EOP and Release	5:50 EOP and Release	5:50 EOP and Release		
6:15 OUT DOOR	5:40 OUT DOOR	6:15 OUT DOOR	6:15 OUT DOOR		**SUNDAY**
9th Grade	*9th Grade*	*9th Grade*	*9th Grade*	9th GRADE	OFF
5:30 Release Time	5:15 Release Time	5:30 Release Time	5:30 Release Time	3:05 Period Starts- Pack and secure	
5:45 Out the door	5:30 Out the door	5:45 Out the door	5:45 Out the door	3:40: Depart for Morton	
				4:20 Arrive Morton	
				5:00 pm GameTime	