

TWO A DAYS SCHEDULE 2018

TURF = 9 am - 11 am & 1 pm - 2:30 pm

MONDAY, AUGUST 13

8:00 am - 8:20 am = Meeting in auditorium
8:30 am - 9:00 am = Meeting(11-12 Defense)
9:00 am - 9:10 am = Stretch
9:25 am - 11:25 am = Practice(Helmets)
11:25 am - 12:25 pm = Lunch
12:25 pm - 1:10 pm = Meeting(11-12 Offense)
1:25 pm - 1:30 pm = Stretch
1:30 pm - 3:30 pm = Practice(Helmets)

TUESDAY, AUGUST 14

8:00 am - 8:30 am = Meeting(11-12 Offense)
8:45 am - 8:55 am = Stretch
8:55 am - 10:55 am = Practice(1st hour in pads, 2nd hour just helmets)
 1 hour = Offense
 1 hour = Defense
10:55 am - 11:55 am = Lunch
11:55 am - 12:25 pm = Meeting(11-12 Defense)
12:40 pm - 1:40 pm = Walkthrough(Helmets)
 30 minutes = Offense
 30 minutes = Defense
1:45 pm - 2:40 pm = Weight room
* PAC Meeting - 7 pm

WEDNESDAY, AUGUST 15

8:00 am - 8:30 am = Meeting(11-12 Defense)
8:45 am - 8:55 am = Stretch
8:55 am - 10:55 am = Practice(Shells)
 10-12 Defense
10:55 am - 11:55 am = Lunch
11:55 am - 12:40 pm = Meeting(11-12 Offense)
12:50 pm - 12:55 pm = Stretch
12:55 pm - 2:55 pm = Practice(Shells)
 11-12 Offense

THURSDAY, AUGUST 16

8:00 am - 8:30 am = Meeting(Varsity Offense)
8:45 am - 8:55 am = Stretch
8:55 am - 10:55 am = Practice(Shells)
 1 hour = Offense
 1 hour = Defense
10:55 am - 11:55 am = Lunch
11:55 am - 12:25 pm = Meeting(Varsity Defense)
12:40 pm - 1:40 pm = Walkthrough(Helmets)
 30 minutes = Offense
 30 minutes = Defense
1:45 pm - 2:40 pm = Weight room

* Pictures at 3 pm

FRIDAY, AUGUST 17

8:00 am - 8:30 am = Meeting(Varsity Offense)

8:45 am - 8:55 am = Stretch

8:55 am - 10:55 am = Practice(Full pads)

1 1/2 Hours = Offense

30 minutes = Special Teams

10:55 am - 11:55 am = Lunch

11:55 am - 12:40 pm = Meeting(Varsity Defense & Special Teams)

12:50 pm - 12:55 pm = Stretch

12:55 pm - 2:55 pm = Practice(Shells)

1 1/2 Hours = Varsity Defense

30 minutes = Special Teams

* Parent Social - 7pm

MONDAY, AUGUST 20

8:00 am - 8:30 am = Meeting(Varsity Offense)

8:45 am - 8:55 am = Stretch

8:55 am - 10:55 am = Practice(Full pads)

2 hours = Varsity Offense

10:55 am - 11:55 am = Lunch

11:55 am - 12:40 pm = Meeting(Varsity Defense & Special Teams)

12:50 pm - 12:55 pm = Stretch

12:55 pm - 2:55 pm = Practice(Shells)

1 1/2 Hours = Varsity Defense

30 minutes = Varsity Special Teams

TUESDAY, AUGUST 21

8:00 am - 8:30 am = Meeting(Varsity Offense)

8:45 am - 8:55 am = Stretch

8:55 am - 10:55 am = Practice(Shells)

1 hour = Offense

1 hour = Defense

10:55 am - 11:55 am = Lunch

11:55 am - 12:25 pm = Meeting(Varsity Defense)

12:40 pm - 1:40 pm = Walkthrough(Helmets)

30 minutes = Offense

30 minutes = Defense

1:45 pm - 2:40 pm = Weight room

WEDNESDAY, AUGUST 22

8:00 am - 8:30 am = Meeting(Varsity Offense)
8:45 am - 8:55 am = Stretch
8:45 am - 10:45 am = Practice(Full pads)
 1 Hour 45 minutes = Varsity Offense
 15 minutes = Varsity Special Teams
10:45 am - 11:45 am = Lunch
11:45 am - 12:30 pm = Meeting(Varsity Defense)
12:40 - pm - 12:45 pm = Stretch
12:45 pm - 2:45 pm = Practice(Shells)
1 Hour 45 minutes = Varsity Defense
15 minutes = Varsity Special Teams

THURSDAY, AUGUST 23

8:00 am - 8:30 am = Meeting(Varsity Offense)
8:45 am - 8:55 am = Stretch
8:55 am - 10:55 am = Practice(Shells)
 1 hour = Varsity Offense
 1 hour = Varsity Defense
10:55 am - 11:55 am = Lunch
11:55 am - 12:25 pm = Meeting(Varsity Defense)
12:40 pm - 1:30 pm = Walkthrough(Helmets)
 20 minutes = Varsity Defense
 20 minutes = Varsity Offense
 20 minutes = Varsity Special teams
1:40 pm - 2:40 pm = Weight room
* Kickoff Ceremony(auditorium) - 7 pm

FRIDAY, AUGUST 24

8:00 am - 8:30 am = Meeting(Varsity Offense)
8:45 am - 8:55 am = Stretch
8:55 am - 10:25 am = Practice(Shells)
 45 minutes = Varsity Offense
 45 minutes = Varsity Defense
10:25 am - 11:25 am = Lunch
11:25 am - 11:55 am = Meeting(Varsity Defense)
12:10 pm - 1:10 pm = Walkthrough

SATURDAY, AUGUST 25

8:15 am - 8:25 am = Stretch
8:25 am - 8:50 am = Warm ups
8:50 am = move to turf
9:00 am = 4 Way Scrimmage
 ** Freshmen host scrimmage at Kennedy(Sartell & Hastings)

MONDAY, AUGUST 27

1:30 pm - 2:30 pm = Lift

2:40 pm - 2:50 pm = Stretch

2:50 pm - 3:10 pm = Special Teams

3:10 pm - 4:05 pm = Defense

4:05 pm - 5:00 pm = Offense

TUESDAY, AUGUST 28

2:30 pm - 2:40 pm = Stretch

2:40 pm - 3:05 pm = Special Teams

3:05 pm - 4:00 pm = Defense

4:00 pm - 4:55 pm = Offense

WEDNESDAY, AUGUST 29

2:30 pm - 2:40 pm = Stretch

2:40 pm - 3:05 pm = Special Teams

3:05 pm - 4:00 pm = Defense

4:00 pm - 4:55 pm = Offense

7:00 pm = Movie Night(All grades)

Meet in auditorium

THURSDAY, AUGUST 30

2:50 pm - 3:00 pm = Stretch

3:00 pm - 3:20 pm = Special Teams

3:20 pm - 3:50 pm = Defense

3:50 pm - 4:20 pm = Offense

4:20 pm - 4:45 pm = Review

* Game night(Pre game schedule)

* Game Situations

* Accountability Cards

FRIDAY, AUGUST 31

First meeting at 4:00 pm

MONDAY, SEPTEMBER 4(LABOR DAY) - GRADES 10 - 12

Film = 4:45 pm - 6:00 pm

Practice(on filed) = 6:15 pm - 7:00 pm