

FRESHMAN PRACTICE SCHEDULE

FYI: Weight Room is located in the back of the school at Door 22.

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 WEIGHT ROOM 6:00 - 8:00 PM	2	3
4	5	6 WEIGHT ROOM 6:00 - 8:00 PM	7	8 WEIGHT ROOM 6:00 - 8:00 PM	9	10
11	12	13 WEIGHT ROOM 6:00 - 8:00 PM	14	15 WEIGHT ROOM 6:00 - 8:00 PM	16	17
18	19	20 WEIGHT ROOM 6:00 - 8:00 PM	21	22 WEIGHT ROOM 6:00 - 8:00 PM	23	24
25	26	27 WEIGHT ROOM 6:00 - 8:00 PM	28	29 WEIGHT ROOM 6:00 - 8:00 PM	30	31

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9 8-10:30 AM	10 8-10:30 AM	11 8-10:30 AM	12 8-10:30 AM	13 8-10:30 AM	14 8-10:30 AM
15	16 8-10:30 AM	17 8-10:30 AM	18 8-10:30 AM	19 Double Sessions 8 AM-1:30 PM	20 Double Sessions 8 AM-1:30 PM	21 8-10:30 AM
22	23 Lacey (S) 10:00 AM	24 8-10:30 AM	25 8-10:30 AM	26 8-10:30 AM	27 Ocean City (S) 11:00 AM	28 8-10:30 AM
29	30 8-10:30 AM	31 8-10:30 AM	1 SEPT. 2:00 - 4:30 PM	2 SEPT. 2:00 - 4:30 PM	3 SEPT. Notre Dame (S) 4:00 PM	

S = Scrimmage SUBJECT TO CHANGE

Weight Room: Players should wear shorts, shirts and *sneakers*. Bring Water.
Practice: Players should wear shorts, shirts and *spikes*. Bring Water.