

August 2016

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29 HS & MS Workout 7:00 - 7:40 am . Conditioning 3:45 - 4:45	30 HS & MS Workout 7:00 - 7:40 am . Conditioning 3:45 - 4:45	31 HS & MS Workout 7:00 - 7:40 am . Conditioning 3:45 - 4:45			

September 2016

SUN	MON	TUE	WED	THU	FRI	SAT
				1 HS & MS Workout 7:00 - 7:40 am . Conditioning 3:45 - 4:45	2 HS & MS Workout 7:00 - 7:40 am . Conditioning 3:45 - 4:45	3 .
4	5	6 HS & MS Workout 7:00 - 7:40 am . Conditioning 3:45 - 4:45	7 HS & MS Workout 7:00 - 7:40 am . Conditioning 3:45 - 4:45	8 HS & MS Workout 7:00 - 7:40 am . Conditioning 3:45 - 4:45	9 HS & MS Workout 7:00 - 7:40 am . Conditioning 3:45 - 4:45	10
11	12 HS & MS Workout 7:00 - 7:40 am . Conditioning 3:45 - 4:45	13 HS & MS Workout 7:00 - 7:40 am . Conditioning 3:45 - 4:45	14 HS & MS Workout 7:00 - 7:40 am . Conditioning 3:45 - 4:45	15 HS & MS Workout 7:00 - 7:40 am . Conditioning 3:45 - 4:45	16 HS & MS Workout 7:00 - 7:40 am . Conditioning 3:45 - 4:45	17
18	19 HS & MS Workout 7:00 - 7:40 am . Conditioning 3:45 - 4:45	20 HS & MS Workout 7:00 - 7:40 am . Conditioning 3:45 - 4:45	21 HS & MS Workout 7:00 - 7:40 am . Conditioning 3:45 - 4:45	22 HS & MS Workout 7:00 - 7:40 am . Conditioning 3:45 - 4:45	23 HS & MS Workout 7:00 - 7:40 am . Conditioning 3:45 - 4:45	24
25	26 HS & MS Workout 7:00 - 7:40 am . Conditioning 3:45 - 4:45	27 HS & MS Workout 7:00 - 7:40 am . Conditioning 3:45 - 4:45	28 HS & MS Workout 7:00 - 7:40 am . Conditioning 3:45 - 4:45	29 HS & MS Workout 7:00 - 7:40 am . Conditioning 3:45 - 4:45	30 HS & MS Workout 7:00 - 7:40 am . Conditioning 3:45 - 4:45	

October 2016

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 HS & MS Workout 7:00 - 7:40 am . Conditioning 3:45 - 4:45	4 HS & MS Workout 7:00 - 7:40 am . Conditioning 3:45 - 4:45	5 HS & MS Workout 7:00 - 7:40 am . Conditioning 3:45 - 4:45	6 HS & MS Workout 7:00 - 7:40 am . Conditioning 3:45 - 4:45	7 HS & MS Workout 7:00 - 7:40 am . Conditioning 3:45 - 4:45	8
9	10	11	12	13	14	15
FALL BREAK PHYSICALS TURNED IN BY MONDAY						
16	17 1st OFFICIAL PRACTICE	Scrimmage 11-1 @ Southmont 11-4 No physical = no practice				