



TIGER FOOTBALL

June 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 MAY 22 - Tiger Football Draft (Friday, Time - TBA)	1 Program Lift & Conditioning Soph & Varsity Only	2 Program Lift & Conditioning Soph & Varsity Only Varsity Equipment Handout	3	4 Program Lift & Conditioning Soph & Varsity Only Soph Equipment Handout	5	6
7	8 V: 7-10:30 (Field) S: 7-9:30 (Weight Room) F: 8-10:30 (Weight Room)	9 V: 7-10:30 (Field) S: 7-9:30 (Weight Room) F: 8-10:30 (Weight Room)	10	11 V: 7-10:30 (Field) S: 7-9:30 (Weight Room) F: 8-10:30 (Weight Room)	12	13
14	15 V: 7-10:30 (Field) S: 7-9:30 (Weight Room) F: 8-10:30 (Weight Room)	16 V: 7-10:30 (Field) S: 7-9:30 (Weight Room) F: 8-10:30 (Weight Room)	17	18 V: 7-10:30 (Field) S: 7-9:30 (Weight Room) F: 8-10:30 (Weight Room)	19	20
21	22 V: 7-10:30 (Field) S: 7-9:30 (Weight Room) F: 8-10:30 (Weight Room)	23 V: 7-10:30 (Field) S: 7-9:30 (Weight Room) F: 8-10:30 (Weight Room)	24	25 V: 7-10:30 (Field) S: 7-9:30 (Weight Room) F: 8-10:30 (Weight Room)	26	27
28	29	30	1	2	3	4
Break						
5	6	Notes				
Break						



TIGER FOOTBALL

July 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4 Independence Day
Break						
5	6	7	8	9	10	11
Break						
12	13	14	15	16	17	18
	V: 7-10:30 (Field) S: 7-9:30 (Weight Room) F: 8-10:30 (Weight Room)	V: 7-10:30 (Field) S: 7-9:30 (Weight Room) F: 8-10:30 (Weight Room)		V: 7-10:30 (Field) S: 7-9:30 (Weight Room) F: 8-10:30 (Weight Room)		
19	20	21	22	23	24	25
	V: 7-10:30 (Field) S: 7-9:30 (Weight Room) F: 8-10:30 (Weight Room)	V: 7-10:30 (Field) S: 7-9:30 (Weight Room) F: 8-10:30 (Weight Room)		V: 7-10:30 (Field) S: 7-9:30 (Weight Room) F: 8-10:30 (Weight Room)		
26 Parents' Day	27	28	29	30	31	1
	V: 7-10:30 (Field) S: 7-9:30 (Weight Room) F: 8-10:30 (Weight Room)	V: 7-10:30 (Field) S: 7-9:30 (Weight Room) F: 8-10:30 (Weight Room)		V: 7-10:30 (Field) S: 7-9:30 (Weight Room) F: 8-10:30 (Weight Room)		
2	3	Notes First Day of Practice : Aug 10th First Day of School: Aug 19th First Game (home) Plainfield South : Aug 28				