

# 2018-19 DJHS Football Practice Schedule

## Weeks of Aug. 15th to Sept. 17th

7th	8th
Mon. – 7:00am	4:00 to 6: 00
Tues. – 7:00am	4:00 to 6:00
Wed. – 7:00am	4:00 to 5:30
Thur. – 7:00am	4:00 to 6:00
Fri. – 7:00am	+ 4:00 to 5:00

Locker Room will open at 6:15am the weeks of the 15<sup>th</sup> and 20<sup>th</sup>.  
8/27 to 9/21 - 6:30am, 9/24 to 10/29 – 7:30am

## Rest of the Season (7<sup>th</sup> Grade will go to pm practices 9/24)

Mon. – 7:00am	4:00 to 6:00
Tues. – *Game Day	
Wed. – 7:00am	4:00 to 5:30
Thur. – 7:00am	4:00 to 6:00
Fri. – 7:00am	* 4:00 to 5:00

\*7<sup>th</sup> Grade Teams will begin practice at 7:55 on Game Days!

\*\* Practice if there is a Varsity Home game, when Varsity is away no practice.