

AUGUST 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 WORKOUT #1 SR- 6:30AM JR- 6:40AM SOPH- 6:50AM FR- 7AM	4 WORKOUT #2 7AM - 11AM HELMET ONLY	5 WORKOUT #3 7AM - 11AM SHELL	6 WORKOUT #4 7AM - 11AM SHELL	7 WORKOUT #5 7AM - 11AM SHELL	8 WORKOUT #6 7AM - 11AM FULL PADS
9	10 WORKOUT #7 6AM - 8AM UNDER THE LIGHTS!	11 WORKOUT #8 6AM - 8AM UNDER THE LIGHTS!	12 WORKOUT #9 7AM - 11AM FULL PADS	13 WORKOUT #10 7AM - 11AM FULL PADS	14 SCRIMMAGE VS SHALLOWATER 5PM + 6:30PM	15 WORKOUT #11 VARSITY + JUNIORS 10AM - 12PM
16	17 WORKOUT #12 3PM - 6PM FULL PADS	18 WORKOUT #13 3PM - 6PM FULL PADS	19 WORKOUT #14 SCHOOL STARTS	20 SCRIMMAGE @ SEMINOLE 5PM - 6:30PM	21 WORKOUT #15 VARSITY + JUNIORS 10AM - 12PM	22 OFF
23	24 7:15AM VAR. SCOUT REPORT AFTER SCHOOL PRACTICE	25 AFTER SCHOOL PRACTICE MEET THE WILDCATS 7:00 PM	26 7:15AM VARSITY WEIGHTS AFTER SCHOOL PRACTICE	27 FR + JV @ DENVER CITY 5PM + 6:30PM	28 VARSITY VS DENVER CITY 7:30 PM	29
30	31	Notes: ALL ON FIELD PRACTICES WILL BE NO LONGER THAN 3 HOURS LONG. THE 4 HOUR WINDOW ALLOWS FOR FILM, TREATMENT, OR WEIGHTS.				