

Summer Schedule 2017

Weight Training

10:00 am 4:00 pm

*To receive credit for a session you must be on time and stay until you are dismissed!!!
If you are late you will not be allowed to participate that session.*

Super Level

Attend 15 weight training sessions.

Attend 4 summer practices.

Attend 4 7 on 7s.

Attend 4 mornings of camp.

Rewards - T-Shirt

Hot Dog Dinner

NO County Fair for 3 days

Seniors from this group will be selected as captains.

Good Level

Attend 13 weight training sessions.

Attend 3 summer practices.

Attend 2 7 on 7s.

Attend 3 evenings of camp

Rewards - Hot Dog Dinner

NO County Fair for 1 day.

Bad Level

Do not attend summer work outs at above rates

Rewards - Will receive County Fair for 6 days.

Unexcused Absences in August will lead to dismissal from the football team.



June 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9 <i>Last Day of School</i>	10
11	12 <i>Weight Lifting 10 am or 4 pm</i>	13 <i>Weight Lifting 10 am or 4 pm 7 on 7 vs Fairmont 6:30 pm</i>	14	15 <i>Weight Lifting 10 am or 4 pm</i>	16	17
18	19 <i>Weight Lifting 10 am or 4 pm</i>	20 <i>Weight Lifting 10 am or 4 pm</i>	21 <i>Weight Lifting 10 am or 4 pm</i>	22 <i>Weight Lifting 10 am or 4 pm 7 on 7 vs St. Pauls 6:30 pm</i>	23	24
25	26 <i>Weight Lifting 10 am or 4 pm</i>	27 <i>Weight Lifting 10 am or 4 pm</i>	28 <i>Weight Lifting 10 am or 4 pm</i>	29 <i>Weight Lifting 10 am or 4 pm 7 on 7 vs St. Pauls 6:30</i>	30	

July 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <i>Dead Period</i>	4 <i>Dead Period</i>	5 <i>Dead Period</i>	6 <i>Dead Period</i>	7 <i>Dead Period</i>	8
9	10 <i>Summer Practice</i> 8:00 am	11 <i>Summer Practice</i> 8:00 am	12 <i>Summer Practice</i> 8:00 am	13 <i>Summer Practice</i> 8:00 am 7 on 7 at Fairmont 6:30 pm	14	15
16	17 <i>Dead Period</i>	18 <i>Dead Period</i>	19 <i>Dead Period</i>	20 <i>Dead Period</i>	21 <i>Dead Period</i> <i>Physicals</i> 1 to 5 pm—GCHS	22
23	24 <i>Camp</i> 8:00 am	25 <i>Camp</i> 8:00 am	26 <i>Camp</i> 8:00 am	27 <i>Camp</i> 8:00 am	28	29
30	31 <i>Official Practice</i> 8:00 am					

August 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Official Practice 8:00 am	2 Official Practice 8:00 am	3 Official Practice 8:00 am	4 Official Practice 8:00 am	5 Official Practice 8:00 am
6	7 Official Practice 8:00 am	8 Official Practice 8:00 am	9 Scrimmage 6:00 pm	10 Jamboree 6:30 pm	11 TBA	12
13	14 Official Practice 8:00 am	15 Official Practice 8:00 am	16 Official Practice 8:00 am	17 Practice After Workday 4:00 pm	18 Southern Lee Home 7:30 pm	19
20	21 Practice After Workday 5:00 pm	22 Practice After Workday 5:00 pm	23 Practice After Workday 5:00 pm	24 JV vs Pinecrest Home 6:30 Varsity Practice 4:00 pm	25 Pinecrest Away 7:30 pm	26
27	28 First Day of School Practice after School	29 Practice after School	30 Practice after School	31 Practice after School		