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Cougar Football - May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Cougar Leadership at 7:00 a.m. in Lecture Room	4
5 Cougar Academy in Stadium LSFA Meeting LSHS 6–7 pm 9th-12th Meeting 7:30 – 8:30 pm	6 No TD Club Meeting This Month For Coaches: Recruiting Fair 6:30	7	8	9	10 Cougar Leadership at 7:00 a.m. in Lecture Room	11
12	13	14	15	16	17 Cougar Leadership at 7:00 a.m. in Lecture Room	18
19 Cougar Academy in Stadium	20	21	22	23	24 Cougar Leadership at 7:00 a.m. in Lecture Room	25
26	27	28	29	30	31 Cougar Leadership at 7:00 a.m. in Lecture Room	

Cougar Football - June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 FIRST DAY SUMMER FOOTBALL IS ALLOWED
2 Cougar Academy in Stadium - Signing Day	3 Touchdown Club Meeting 7:00	4	5	6 LAST DAY OF SCHOOL	7 State Track Meet	8 State Track
9	10 9:00 – 10:00 Film 10–12:00 9-12 Football Coaches Weight Room Training at 1:00 p.m.	11 8:50 - 11:10 11-12 Lift 10:20-12:30 9-10 Lift 1:00 - 3:00 6-8 Lift 2:20 - 3:20 1-5 Lift	12 7:00 FB Equipment 9th-12th practice at Elk River from 10:30-1:30 Bus leaves at 9:00 and returns at 2:30	13 8:50-11:10 11-12 Lift 10:20-12:30 9-10 Lift 1:00-3:00 6-8 Lift 2:20-3:20 1-5 Lift	14	15 Vikings Tourney 8:00 - 6:00
16	17 8:50-11:10 11-12 Lift 10:20-12:30 9-10 Lift 1:00 - 3:00 6-8 Lift 7 on 7 12:00-2:00	18 8:50 - 11:10 11-12 Lift 10:20 - 12:30 9-10 Lift 1:00 - 3:00 6-8 Lift 2:20 - 3:20 1-5 Lift	19 7:30-8:30 9-12 Film 8:30-9:30 9-12 Lift 10:00-12:00 9-12 FB	20 FMS 9:30-noon 8:50-11:10 11-12 Lift 10:20-12:30 9-10 Lift 1:00-3:00 6-8 Lift 2:20-3:20 1-5 Lift	21	22
23	24 8:50-11:10 11-12 Lift 10:20-12:30 9-10 Lift 1:00 - 3:00 6-8 Lift QB/Line Camps 9-11:00	25 8:50 - 11:10 11-12 Lift 10:20 - 12:30 9-10 Lift 1:00 - 3:00 6-8 Lift 2:20 - 3:20 1-5 Lift QB/Line Camps 9:00-11:00	26 7:30-8:30 9-12 Film 8:30-9:30 9-12 Lift 10:00-12:00 9-12 FB QB/Line Camps 9:00-11:00	27 8:50-11:10 11-12 Lift 10:20-12:30 9-10 Lift 1:00-3:00 6-8 Lift 2:20-3:20 1-5 Lift QB/Line Camps 9-11:00	28	29

Cougar Football - July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 OFF MSHSL Blackout Week	2 OFF MSHSL Blackout Week	3 HAPPY 4TH OF JULY! MSHSL Blackout Week	4 OFF MSHSL Blackout Week	5 OFF MSHSL Blackout Week	6
7	8 8:50-11:10 11-12 Lift 10:20-12:30 9-10 Lift 1:00 - 3:00 6-8 Lift 7 on 7 12:00-2:00 at Eastview TD Club 7:00	9 8:50 - 11:10 11-12 Lift 10:20 - 12:30 9-10 Lift 1:00 - 3:00 6-8 Lift 2:20 - 3:20 1-5 Lift	10 7:30-8:30 9-12 Film 8:30-9:30 9-12 Lift 10:00-12:00 9-12 FB	11 8:50-11:10 11-12 Lift 10:20-12:30 9-10 Lift 1:00-3:00 6-8 Lift 2:20-3:20 1-5 Lift	12	13
14	15 8:50-11:10 11-12 Lift 10:20-12:30 9-10 Lift 1:00 - 3:00 6-8 Lift 7 on 7 12:00-2:00	16 8:50 - 11:10 11-12 Lift 10:20 - 12:30 9-10 Lift 1:00 - 3:00 6-8 Lift 2:20 - 3:20 1-5 Lift	17 7:30-8:30 9-12 Film 8:30-9:30 9-12 Lift 10:00-12:00 9-12 FB	18 8:50-11:10 11-12 Lift 10:20-12:30 9-10 Lift 1:00-3:00 6-8 Lift 2:20-3:20 1-5 Lift	19	20
21	22 8:50-11:10 11-12 Lift 10:20-12:30 9-10 Lift 1:00 - 3:00 6-8 Lift Cougar FBCamps 8:30-11:30 am 1 st -5 th 5:30-8:30 pm 6 th -12 th	23 8:50 - 11:10 11-12 Lift 10:20 - 12:30 9-10 Lift 1:00 - 3:00 6-8 Lift 2:20 - 3:20 1-5 Lift Cougar FBCamps 8:30-11:30 am 1 st -5 th 5:30-8:30 pm 6 th -12 th	24 8:50 - 11:10 11-12 Lift 10:20 - 12:30 9-10 Lift Cougar FBCamps 8:30-11:30 am 1 st -5 th 5:30-8:30 pm 6 th -12 th	25 8:50-11:10 11-12 Lift 10:20-12:30 9-10 Lift 1:00-3:00 6-8 Lift 2:20-3:20 1-5 Lift Cougar FBCamps 8:30-11:30 am 1 st -5 th 5:30-8:30 pm 6 th -12 th	26 7:30 Ironman? 11:00 Bus Departs for Camp Ripley	27 Return from Camp Ripley at 3:00
28	29 8:50-11:10 11-12 Lift 10:20-12:30 9-10 Lift 1:00 - 3:00 6-8 Lift 7 on 7 12:00-2:00 Youth Tryouts 6-8 pm	30 8:50 - 11:10 11-12 Lift 10:20 - 12:30 9-10 Lift 1:00 - 3:00 6-8 Lift 2:20 - 3:20 1-5 Lift Youth Tryouts 6-8 pm	31 7:30-8:30 9-12 Film 8:30-9:30 9-12 Lift 10:00-12:00 9-12 FB Youth Tryouts 6-8 pm			

Cougar Football - August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8:50-11:10 11-12 Lift 10:20-12:30 9-10 Lift 1:00-3:00 6-8 Lift 2:20-3:20 1-5 Lift Youth Tryouts 6-8 pm	2	3
4	5 8:50-11:10 11-12 Lift 10:20-12:30 9-10 Lift 1:00 - 3:00 6-8 Lift Parent-Athlete Meeting at 6:00 p.m. & TD Club Meeting	6 8:50 - 11:10 11-12 Lift 10:20 - 12:30 9-10 Lift 1:00 - 3:00 6-8 Lift 2:20 - 3:20 1-5 Lift	7 8:50 - 11:10 11-12 Lift 10:20 - 12:30 9-10 Lift	8 8:50 - 11:10 11-12 Lift 10:20 - 12:30 9-10 Lift 1:00 - 3:00 6-8 Lift 2:20 - 3:20 1-5 Lift Equipment Handout After Lifting	9 Lakeville South Football Golf Tournament Heritage Links Golf Course 11:00 a.m.	10
11 Coaches Meeting 9:00 p.m.	12 V/JV & 10th 7:15-10:30 & 12:30-2:30 7:25 Lift 9-12 Meeting 10:30 9A/9B 7:30-10:00 & 11:30-1:30 9:30 Lift	13 V/JV & 10th 7:15-10:30 & 12:30-2:30 9A/9B 7:30-10:00 & 11:30-1:30 9th/10th grade impact testing 10:30-12:30	14 V/JV & 10th 7:15-10:30 & 12:30-2:30 7:25 Lift 9A/9B 7:30-10:00 & 11:30-1:30 9:30 Lift Pictures 4:00 BBQ/Card Blitz 5:00-8:30	15 V/JV & 10th 7:15-10:30 & 12:30-2:30 9A/9B 7:30-10:00 & 11:30-1:30 11th/12th grade impact testing 10:30-11:30	16 V/JV & 10th 7:15-10:30 9A/9B 7:30-10:00 11:30-12:30 Triathlon	17
18	19 V/JV & 10th 7:15-10:30 & 12:30-2:30 8:00 Lift 9A/9B 7:30-10:00 & 11:30-1:30 9:30 Lift	20 V/JV & 10th 7:15-10:30 & 12:30-2:30 8:00 Lift 11:00 in Gym for Orientation Pep Fest 9-11:30 Fresh Orientation	21 V/JV & 10th 7:15-10:30 & 12:30-2:30 8:00 Lift 9A/9B 7:30-10:00 & 11:30-1:30 9:30 Lift 6-9 pm KO Bash	22 V/JV & 10th 7:15-10:30 & 12:30-2:30 8:00 Lift 9A/9B 7:30-10:00 & 11:30-1:30 9:30 Lift	23 V/JV & 10th 7:15-10:30 & 12:30-2:30 8:00 Lift 9 th Scrimmage at Prior Lake Makeup Kickoff Bash Date	24 Soph Scrim at WBL at 8:00 a.m. Bus Leaves 6:30 Varsity/JV Scrimmage at White Bear Lake at 10:00 Bus Leaves at 8:15
25	26 V/JV 2:50-5:30 Lift 2:50 10th 2:50-5:30 Lift 5:00 9A/9B 2:50-5:30 Lift 5:00	27 V/JV 2:50-5:30 Lift 2:50 10th 2:50 - 5:30 Lift 5:00 9A/9B 2:50-5:30 Lift 5:00	28 V/JV 2:50-5:00 Lift 2:50 No 10A? 9A - Totino (A) 4:30 Team Meal 5:00	29 V - Totino-Grace (A) 7:00 10th 2:50 - 5:30 Lift 5:00 9A/9B 2:50-5:30 Lift 5:00	30 V/JV- 8:30 - 10:30 Lift 10:00 JV - Totino (A) 4:00 No 9B or 10B?	31 Varsity- No Practice 9 th & 10 th - No Practice

Cougar Football – September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day V/JV – 4:30 – 7:30 Lift 5:00 9th & 10th - No Practice	3 V/JV 2:50–5:30 Lift 2:50 10th 2:50 – 5:30 Lift 5:00 9A/9B2:50–5:30 Lift 5	4 V/JV 2:50–5:30 Lift 2:50 10th 2:50 – 5:30 Lift 5:00 9A/9B2:50–5:30 Lift 5:00	5 V/JV 2:50–5:00 Lift 2:50 10A – Rose (H) 4:30 9A – Rose (A) 4:30 Team Meal 5:00	6 V – Rosemount (H) Teacher Night 10B- Rosemount (A) 4:00	7 V– 8:30 – 10:30 Lift 10:00 JV–Rosemount (A) 10:00 9 th &10 th – No Pract
8	9 V/JV- 2:50–5:30 Lift 2:50 10th 2:50 – 5:30 Lift 5:00 9B–Rosemount (H) 4:30 TD Club Meeting 7:00	10 V/JV 2:50–5:30 Lift 2:50 10th 2:50 – 5:30 Lift 5:00 9A/9B2:50–5:30 Lift 5:00	11 V/JV 2:50–5:30 Lift 2:50 10th 2:50 – 5:30 Lift 5:00 9A/9B2:50–5:30 Lift 5:00	12 V/JV 2:50–5:00 Lift 2:50 10A–Burnsville (A) 4:30 9A–Burnsville (H) 4:30 Team Meal 5:00	13 V-Burnsville (A)	14 V– 8:30 – 10:30 Lift 10:00 JV–Burnsville (H) 10:00 9 th & 10 th – No Practice
15	16 V/JV- 2:50–5:30 Lift 2:50 10th 2:50 – 5:30 Lift 5:00	17 V/JV 2:50–5:30 Lift 2:50 10th 2:50 – 5:30 Lift 5:00 9A/9B2:50–5:30 Lift 5:00	18 V/JV 2:50–5:30 Lift 2:50 10th 2:50 – 5:30 Lift 5:00 9A/9B2:50–5:30 Lift 5	19 V/JV 2:50–5:00 Lift 2:50 10A–Eastview (H) 4:30 9A–Eastview (A) 4:30 Team Meal 5:00	20 V- Eastview (H) 7:00 LSFA Night 10B– Eastview(A)4:00	21 V– 8:30 – 11:00 Lift 10:00 JV–Eastview (A) 10:00 9A & 10 th –None
22	23 V/JV - 2:50–5:30 Lift 2:50 10th 2:50–5:00 *Lift 3:00 9B– Eastview (H) 4:30	24 V/JV 2:50–5:30 Lift 2:50 10th 2:50–5:30 Lift 5:00 9A/9B2:50–5:30 Lift 5:00	25 V/JV 2:50–5:30 Lift 2:50 10th 2:50 – 5:30 Lift 5:00 9A/9B2:50–5:30 Lift 5:00	26 V/JV 2:50–5:00 Lift 2:50 10A–Prior Lake (H) 4:30 9A– Prior Lake (A) 4:30 Team Meal 5:00	27 V-Prior Lake (H) 7:00 Homecoming 10B- Prior Lake (A) 4:00	28 V– 8:30 – 10:30 Lift 10:00 JV–Prior Lake (A) 10:00 9 th & 10 th – No Practice
29	30 V/JV - 2:50–5:30 Lift 2:50 10th 2:50 – 5:30 Lift 5:00 9B–Prior Lake (H) 4:30					

Cougar Football – October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 V/JV 2:50–5:30 Lift 2:50 10th 2:50 – 5:30 Lift 5:00 9A/9B2:50–5:30 Lift 5:00	2 V/JV2:50–5:30 Lift2:50 10th 2:50–5:00 Lift 5:00 9A/9B2:50–5:30 Lift 5:00	3 V/JV 2:50–5:00 Lift 2:50 10A–North (A) 4:30 9A–North (H) 4:30 Team Meal 5:00	4 V – Lakeville North (A)	5 V– 8:30 – 10:30 Lift 10:00 JV–Lakeville North (H) 10:00 9 th & 10 th –No Practice
6 SSYFL Championship	7 V/JV - 2:50–5:30 Lift 2:50 10th 2:50 – 5:30 Lift 5:00 9B–Lakeville North (A) 4:30 TD Club Meeting 7:00	8 V/JV - 2:50 – 5:00 pm 10th 2:50 – 5:30 Lift 5:00 9A/9B2:50–5:30 Lift 5:00	9 V/JV– 8:30 – 11:30 Lift 10:00 10th 2:50 – 5:30 Lift 5:00 9A/9B2:50–5:30 Lift 5:00	10 V/JV– 8:30 – 11:30 Lift 10:00 10A–Farmington (H) 4:30 9A–Farmington (A) 4:30 Team Meal 5:00	11 V- Farmington (H) 7:00 Senior/Parent 10B–Farmington(A) 4:00	12 V– 8:30 – 11:30 Lift 8:30 JV–Farmington (A) 10:00 a.m.
13	14 V/JV 2:50–5:30 Lift 2:50 10th 2:50 – 5:30 Lift 5:00 9B–Farmington(A) 4:00	15 V/JV 2:50–5:00 Team Meal 5:00 10A–Shakopee(H)4:30 9A–Eagan(H) 4:30	16 V- Eagan (A) 10A–Eagan(A)4:00 9A–Eagan(H) 4:00	17 V/JV 2:50–5:00 Lift 2:50 JV–Eagan (H) 10:00 MEA BREAK	18 V/JV 2:50–5:30 Lift 2:50 MEA BREAK	19 V/JV– 8:30 – 11:30 Lift 8:30
20	21 V/JV 2:50–5:30 Lift 2:50 MEA BREAK	22 V/JV 2:50–5:30 Lift 2:50 Freshmen Turn in Equipment after school and Pizza Party at 3:30	23 V/JV2:50–5:30 Lift 2:50 Sophomores Turn in Equipment after school and Pizza Party at 3:00	24 V/JV 2:50–5:00 Lift 2:50 Team Meal 5:00	25 V- AAAAAA 1st Round Playoffs High Seed 7:00 pm	26 V – 8:30 – 10:30 Lift 8:30
27	28 V/JV 2:50–5:30 Lift 2:50	29 V/JV 2:50–5:30 Lift 2:50	30 Happy Halloween! V/JV2:50–5:30 Lift 2:50	31 Happy Halloween! V/JV 2:50–5:00 Lift 2:50 Team Meal 5:00		

Cougar Football - November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 V-Section Final High Seed 7:00 pm	2 V – 8:30 – 10:30 Lift 8:30
3	4 V/JV 2:50–5:30 Lift 2:50 TD Club Meeting 7:00	5 V/JV 2:50–5:30 Lift 2:50	6 V/JV 2:50–5:30 Lift 2:50	7 V/JV 2:50–5:00 Lift 2:50 Team Meal 5:00	8 V-State AAAAA Quarterfinal Neutral Site 7:00	9 V – 8:30 – 10:30 Lift 8:30
10	11 V/JV 2:50–5:30 Lift 2:50	12 V/JV 2:50–5:30 Lift 2:50	13 V/JV 2:50–5:30 Lift 2:50	14 V/JV 2:50–5:00 Lift 2:50 Team Meal 5:00	15 V-State AAAAA Semifinals US Bank Stadium 7:00	16
17	18 V/JV 2:50–5:30 Lift 2:50	19 V/JV 2:50–5:30 Lift 2:50	20 V/JV 2:50–5:30 Lift 2:50	21 Thanksgiving 8:30 Walk Through	22 V- Prep Bowl US Bank Stadium 7:00	23
24	25	26	27	28	29	30
Sun, December 1 V/JV Football Banquet 5:00 pm at Chart House						