

2018 - 2019  
Atascocita Football Practice Schedule

<u>Week of July 30th - August 3rd</u>		
Date	Freshman	JV/Varsity
Monday	Freshman/Middle School Camp 8:00 AM - 12:00 PM	Open Weight Room 8:00 AM - 12:00 PM
Tuesday		
Wednesday		
Thursday		
Friday	Off	

<u>Week of August 6th - 11th</u>		
Date	Freshman	JV/Varsity
Monday	7:30 - 8:30 AM - Weights 8:30 - 11:30 AM - Practice	Open Weight Room 8:00 AM - 12:00 PM
Tuesday		
Wednesday	4:00 - 5:00 PM - Weights 5:00 - 8:00 PM Practice	
Thursday	7:30 - 8:30 AM - Weights 8:30 - 11:30 AM - Practice	
Friday		Off
Saturday		

<u>Week of August 13th - August 18th</u>		
Date	Freshman	JV/Varsity
Monday	3:30 PM - Weights 4:10 PM - Stretch 4:20 - 7:00 PM - Practice	2:30 PM - Weights
Tuesday		4:00 - 5:30 PM - Walkthrough
Wednesday		6:30 - 8:00 PM - Practice
Thursday		
Friday	7:30 - 10:30 AM - Practice 10:30 AM - Weights 11:00 AM - Fish Camp	7:30 - 9:00 AM - Practice 10:00 - 11:30 AM - Walkthrough
Saturday	8:00 AM - Picture Day 9:00 AM - Stretch 9:15 - 12:00 AM - Practice	8:00 AM - Picture Day  10:45 AM - Practice