

## 2023 COWETA TIGER FOOTBALL 7-12th GRADE PRESEASON SCHEDULE

### Media Day (pictures) 7-12th grades 8am-10am

Aug 5, 2023 Varsity at 8am, Freshman at 8:45, 8th Grade at 9:15, 7th Grade 9:30

### **MOM'S 101 Football Camp**

Saturday, August 5th 5pm

**LIFT-A-THON** 7pm

(only athletes that have already been coming to summer practice)

### AUGUST

<b>Monday</b>	<b>7</b>	Practice	2:30PM-5:30PM, and 6:30PM-8:30PM
<b>Tuesday</b>	<b>8</b>	Practice	2:30PM-5:30PM, and 6:30PM-8:30PM
<b>Wednesday</b>	<b>9</b>	Practice	2:30PM-5:30PM
<b>Thursday</b>	<b>10</b>	Practice	2:30PM-5:30PM
<b>Friday</b>	<b>11</b>	Practice	8-10am TRIP

<b>Monday</b>	<b>14</b>	Practice	2:30PM-5:30PM, and 6:30PM-8:30PM
<b>Tuesday</b>	<b>15</b>	Practice	2:30PM-5:30PM
<b>Wednesday</b>	<b>16</b>	Practice	2:30PM-5:30PM
<b>Thursday</b>	<b>17</b>	Practice	2:30PM-5:30PM
<b>Friday</b>	<b>18</b>	<b><u>@Claremore Scrimmage 7-12th</u></b>	5PM-9PM

### Junior High 7-8th Grade Football Pre-Season Practice

<b>Monday</b>	<b>7</b>	Practice	7am-9:00AM
<b>Tuesday</b>	<b>8</b>	Practice	7am-9:00AM
<b>Wednesday</b>	<b>9</b>	Practice	7AM-9:00AM
<b>Thursday</b>	<b>10</b>	Practice	7AM-9:00AM
<b>Friday</b>	<b>11</b>	<b>NO PRACTICE</b>	

<b>Monday</b>	<b>14</b>	Practice	7AM-9:00AM
<b>Tuesday</b>	<b>15</b>	Practice	7AM-9:00AM
<b>Wednesday</b>	<b>16</b>	Practice	7AM-9:00AM
<b>Thursday</b>	<b>17</b>	Practice	7AM-9:00AM
<b>Friday</b>	<b>18</b>	<b><u>@Claremore Scrimmage 7-12th</u></b>	5PM