

2022 TTUN GAME WEEK SCHEDULE

MONDAY, OCT. 17	TUESDAY, OCT. 18	WEDNESDAY, OCT. 19	THURSDAY, OCT. 20	FRIDAY, OCT. 21	SATURDAY, OCT. 22
GAME WEEK	GAME WEEK	GAME WEEK	GAME WEEK	GAMEDAY	OFF DAY
LIFT DAY	LIFT DAY		LIFT DAY	NUERO WORKOUTS	
7:30 TEAM MEETING			HELMETS		
7:45 O MEET / D LIFT & DRESS	7:45 O MEET / D LIFT & DRESS	8:30 MEET PRIMARY POSITION	7:45 PRACTICE		
8:30 O LIFT	8:30 O LIFT	DURING 1ST HOUR	9:15 DONE	NUERO WORKOUT 1	
8:50 D MEET	8:50 D MEET	SPECIAL FORCES MEET	9:15 DRESS	9:30 O LIGHT LIFT	
9:10 O DRESS	9:10 O DRESS	9:10 - MARINES/AIR FORCE	ALL DRESS IN VARSITY LOCKER ROOM WE CANNOT USE THE PE LOCKER ROOM DURING 1ST HOUR	10:00 D LIGHT LIFT	
		9:20 - RANGERS			
		9:30 - SEALS			
			SENIORS/JUNIORS LIFT AFTER SCHOOL 4:10-4:50		
PM PRACTICE	PM PRACTICE	PM PRACTICE		4:10 NUERO WORKOUT 2	
HELMETS	SHELLS	SHELLS		4:20 PRE-GAME RUN THROUGH ON THE FIELD	
4:00 DRESS & TAPE	4:00 DRESS & TAPE	4:00 DRESS & TAPE		4:40 PREGAME MEAL	
4:10 EARLY OUTS	4:10 EARLY OUTS	4:10 EARLY OUTS	FROSH GAME @ 4:30PM	5PM DRESS & TAPE	
4:20 PRACTICE	4:20 PRACTICE	4:15 PRACTICE	JV GAME @ 7PM	Varsity Game @ 7PM	
5:40 DONE	6:15 DONE	6:15 DONE			