

July/August 2021

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------------------------|------------------------------------|-----------------------------|--------------------------------|----------------------------|----------------------|------------------------|
| WEEK 1 - Traditional School Days | 7/19/21 | 7/20/21 | 7/21/21 | 7/22/21 | 7/23/21 | 7/24/21 |
| | Lifting 7:15 - 9:30 AM | Lifting 7:15 - 9:30 AM | 0 - HOUR 6 - HOUR | 0 - HOUR 6 - HOUR | 0 - HOUR 6 - HOUR | OFF |
| | Equipment Check Out (Varsity) | Equipment Check Out (JV) | First day of School | | | |
| | | 3-5 Practice | 3-5 Practice | 3-5 Practice | | |
| WEEK 2 - Traditional School Days | 7/26/21 | 7/27/21 | 7/28/21 | 7/29/21 | 7/30/21 | 7/31/21 |
| | 0 - HOUR 6 - HOUR | 0 - HOUR 6 - HOUR | 0 - HOUR 6 - HOUR | 0 - HOUR 6 - HOUR | 0 - HOUR 6 - HOUR | OFF |
| | | | | | | |
| 3-5 Practice | 3-5 Practice | 3-5 Practice | 3-5 Practice | OFF | | |
| WEEK 3 | 8/2/21 | 8/3/21 | 8/4/21 | 8/5/21 | 8/6/21 | 8/7/21 |
| | 0 - HOUR 6 - HOUR | 0 - HOUR 6 - HOUR | 0 - HOUR 6th Hour Block Day | 0 - HOUR | 0 - HOUR 6 - HOUR | OFF |
| | | | OFF | | | |
| 3-5 Practice | 3-5 Practice | | 3-5 Practice | 3-5 Practice | | |
| WEEK 4 | 8/9/21 | 8/10/21 | 8/11/21 | 8/12/21 | 8/13/21 | 8/14/21 |
| | 0 - HOUR 6 - HOUR | 0 - HOUR 6 - HOUR | 0 - HOUR 6th Hour Block Day | 0 - HOUR | 0 - HOUR 6 - HOUR | Media Day |
| | | | | | | |
| | Official Practice Begins - Helmets | Helmets | Helmets | Shells | Shells | Shells |
| WEEK 5 | 8/16/21 | 8/17/21 | 8/18/21 | 8/19/21 | 8/20/21 | 8/21/21 |
| | 0 - HOUR 6 - HOUR | 0 - HOUR 6 - HOUR | 0 - HOUR 6th Hour Block Day | 0 - HOUR | 0 - HOUR 6 - HOUR | |
| | **FULL PADS BEGINS** | | | | | |
| | 3-5 Practice | 3-5 Practice | 3-5 Practice | 3-5 Practice | 3-5 Practice | Saturday Practice 8 AM |
| WEEK 6 | 8/23/21 | 8/24/21 | 8/25/21 | 8/26/21 | 8/27/21 | 8/28/21 |
| | 0 - HOUR 6 - HOUR | 0 - HOUR 6 - HOUR | 0 - HOUR 6th Hour Block Day | 0 - HOUR | 0 - HOUR 6 - HOUR | |
| | | | | | | |
| | 3-5 Practice | Walk-Thru (Thursday Script) | Scrimmage @ Liberty | Film - Review After School | Game Week... | Saturday Practice 8 AM |

Game Week vs. O'Connor

July/August 2021

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| WEEK 1 - Traditional School Days | 7/19/21 | 7/20/21 | 7/21/21 | 7/22/21 | 7/23/21 | 7/24/21 |
| | NO LIFT | NO LIFT | 0 HOUR- JV WEIGHTS 1 HOUR- FROSH WEIGHTS | 0 HOUR- JV WEIGHTS 1 HOUR- FROSH WEIGHTS | 0 HOUR- JV WEIGHTS 1 HOUR- FROSH WEIGHTS | OFF |
| | PRE-PRACTICE- 3:45 PM PRACTICE- 4 - 6 PM | PRE-PRACTICE- 3:45 PM PRACTICE- 4 - 6 PM | First day of School | | | |
| | | OFF | PRE-PRACTICE- 3:45 PM PRACTICE- 4 - 6 PM | PRE-PRACTICE- 3:45 PM PRACTICE- 4 - 6 PM | | |
| WEEK 2 - Traditional School Days | 7/26/21 | 7/27/21 | 7/28/21 | 7/29/21 | 7/30/21 | 7/31/21 |
| | 0 HOUR- JV WEIGHTS 1 HOUR- FROSH WEIGHTS | 0 HOUR- JV WEIGHTS 1 HOUR- FROSH WEIGHTS | 0 HOUR- JV WEIGHTS 1 HOUR- FROSH WEIGHTS | 0 HOUR- JV WEIGHTS 1 HOUR- FROSH WEIGHTS | 0 HOUR- JV WEIGHTS 1 HOUR- FROSH WEIGHTS | OFF |
| | PRE-PRACTICE- 3:45 PM PRACTICE- 4 - 6 PM | PRE-PRACTICE- 3:45 PM PRACTICE- 4 - 6 PM | OFF | PRE-PRACTICE- 3:45 PM PRACTICE- 4 - 6 PM | PRE-PRACTICE- 3:45 PM PRACTICE- 4 - 6 PM | |
| | | | | | | |
| WEEK 3 | 8/2/21 | 8/3/21 | 8/4/21 | 8/5/21 | 8/6/21 | 8/7/21 |
| | 0 HOUR- JV WEIGHTS 1 HOUR- FROSH WEIGHTS | 0 HOUR- JV WEIGHTS 1 HOUR- FROSH WEIGHTS | 0 HOUR- JV WEIGHTS | 0 HOUR- JV WEIGHTS 1 HOUR- FROSH WEIGHTS | 0 HOUR- JV WEIGHTS 1 HOUR- FROSH WEIGHTS | OFF |
| | PRE-PRACTICE- 3:45 PM PRACTICE- 4 - 6 PM | PRE-PRACTICE- 3:45 PM PRACTICE- 4 - 6 PM | OFF | PRE-PRACTICE- 3:45 PM PRACTICE- 4 - 6 PM | PRE-PRACTICE- 3:45 PM PRACTICE- 4 - 6 PM | |
| | | | | | | |
| WEEK 4 | 8/9/21 | 8/10/21 | 8/11/21 | 8/12/21 | 8/13/21 | 8/14/21 |
| | 0 HOUR- JV WEIGHTS 1 HOUR- FROSH WEIGHTS | 0 HOUR- JV WEIGHTS 1 HOUR- FROSH WEIGHTS | 0 HOUR- JV WEIGHTS | 0 HOUR- JV WEIGHTS 1 HOUR- FROSH WEIGHTS | 0 HOUR- JV WEIGHTS 1 HOUR- FROSH WEIGHTS | Media Day |
| | **FIRST DAY IN HELMETS** | | | **HELMETS/SHOULDER PADS** | | PRACTICE AFTER PICTURES |
| | | | | | | |
| WEEK 5 | 8/16/21 | 8/17/21 | 8/18/21 | 8/19/21 | 8/20/21 | 8/21/21 |
| | 0 HOUR- JV WEIGHTS 1 HOUR- FROSH WEIGHTS | 0 HOUR- JV WEIGHTS 1 HOUR- FROSH WEIGHTS | 0 HOUR- JV WEIGHTS | 0 HOUR- JV WEIGHTS 1 HOUR- FROSH WEIGHTS | 0 HOUR- JV WEIGHTS 1 HOUR- FROSH WEIGHTS | PRE-PRACTICE- 3:45 PM PRACTICE- 4 - 6 PM |
| | **FIRST DAY IN FULL PADS** | | | | | |
| | | | | | | |
| WEEK 6 | 8/23/21 | 8/24/21 | 8/25/21 | 8/26/21 | 8/27/21 | 8/28/21 |
| | 0 HOUR- JV WEIGHTS 1 HOUR- FROSH WEIGHTS | 0 HOUR- JV WEIGHTS 1 HOUR- FROSH WEIGHTS | 0 HOUR- JV WEIGHTS | 0 HOUR- JV WEIGHTS 1 HOUR- FROSH WEIGHTS | 0 HOUR- JV WEIGHTS 1 HOUR- FROSH WEIGHTS | PRE-PRACTICE- 3:45 PM PRACTICE- 4 - 6 PM |
| | **FIRST DAY IN FULL PADS** | | | | | |
| | | | | | | |

SAME SCHEDULE CONTINUES IN SEPTEMBER (FIRST GAME IS 9/10 VS. PERRY)