

June 4th

Equipment checkout after school. Salk boys take the shuttle bus over to Vandy and all players walk over to the High School Gym and equipment room for equipment fitting.

June 5th

6:00 equipment checkout for those who didn't make it the day before.

June 10-13

Practice after school on Monday, then not sure about the times for Tuesday, Wednesday and Thursday. Monday-Wednesday is Helmut's only, Thursday's practice will be full pads from 8:00-9:30 then go to strength and speed 10:00-Noon

All Practices will be on the 9th grade practice field (same as the 8th grade "heavies" practice field)

June 17-19

Monday, Tuesday & Wednesday Practice from 8-9:30, Full pads. Strength and Speed 10-noon

July 22-25

Practice from 8:00-9:30 Then go to strength and speed

Make sure you get registered and have current PHYSICALS on file at the High School
Fertilizer fundraiser!!

Sign up for Strength and Speed

Get me your email and sign up on HUDL.

9th graders need to take strength class at school, if not 1st semester then 2nd!

The June 10-13 & July 22-25th

Offensive Practices on Monday & Wednesdays

8:00-8:10 Dyno and stretch

8:10-8:35 Individual Position Skills for that day

8:35-8:55 Either Trap/Throw or Alley (depending on the day)

8:55-9:15 Team: Run play of the day vs different Odd/Even Fronts

9:15-9:35 Team building activities (tire flip, tug of war 7 on 7, ect...need more ideas

Defensive Practices on Tuesday & Thursdays

8:00-8:10 Dyno and Stretch
8:10-

June 17th-19th

Monday Offense

Tuesday Defense

Wednesday Scrimmage day

Fall Practices:

Nate Collins?

Aaron Osterman:	Offense: Tackles & Tight Ends Defense: Corners and Safeties
Mike Miller:	Offense: Centers and Guards Defense: D-line
Alex Sears:	Offense: RBs & QBs Defense: LB's