

2011 Regular Season Practice Schedule

(All Levels)

Freshman: (Specials 4:30-4:45 p.m. Tuesday, Wednesday)

Monday-Thursday

Study Table: 3:05-4:05 p.m.
Practice: 4:30-6:15 p.m.
Pickup: 6:30 p.m.

Friday

Study Table: None
Practice: 3:30-5 p.m.
Pickup: 5:15 p.m.

Sophomores: (Specials: 4:15-4:30 p.m. Monday-Wednesday// Thursday 3:30-4:00 p.m.)

Monday-Wednesday

Practice: 3:30-5:30 p.m.
Lifting: 5:45-6:15 p.m.
Pickup: 6:30 p.m.

Thursday

Practice: 4-5:30
Lifting: None
Pickup: 5:45 p.m.

Saturday: Practice will be from 8:30-10:30 a.m. unless we win then practice will be from 9:30-10:30 a.m. Pickup will be at 10:45 a.m.

Varsity:

Specials

(**Monday**: 3:45-4:00 p.m. KOR, X-point Big, Punt // **Tuesday**: 3:45-4:00 p.m. KO, X-point Block
Wednesday 3:45-4:00 p.m. X-point, Punt Return, Hands // **Thursday** 3:45-4:00 p.m. Punters, Kickers, Holders, Snappers, Returners)

Chalk Talk and Lifting

Monday: Defensive Chalk talk (3:05-3:30 p.m. room 219)/ Offense Lift (3:05-3:30 p.m.)

Tuesday: Offensive Chalk talk (3:05-3:30 p.m. room 219)/ Defense Lift (3:05-3:30 p.m.)

Wednesday: Everyone Lift (3:05-3:30 p.m.)

Monday – Wednesday: Practice: 4-6:15 p.m.

Film

Monday: Film: Entire Team 6:30-7:30 a.m.

Tuesday: Defense: 6:30-7:30a.m. (2 way players)// 6:30-7:30 p.m.

Wednesday: Offense: 6:30-7:30a.m//6:30-7:30 p.m. (2 way players)

Senior Character Training

Thursday: 3:05-3:30 p.m. room 219

Saturday: Practice will be from 8:30-11 a.m. unless we win then practice will be from 8:30-9:30 a.m.