



**Missing Practice or 7 on 7**

If you are unable to attend a practice or event contact Coach Swartz as soon as possible via the Hudl App.

**Summer Plans**

If you are going on a family vacation, have to work, or have other obligations please notify the coaching staff well before the event or practice in question.

**\*FHS Summer School: June 17<sup>th</sup> to July 25<sup>th</sup> from 8am-12:50pm**

# FREMONT FOOTBALL

# June 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3	4	5	6	7	8	9
<b>FHS Graduation</b>						
<b>Fremont High School Final Exams</b>						
10	11	12	13	14	15	16
2pm – 4 pm JV and Varsity Testing Day: Bench, Squat, 40 Time	2pm – 4 pm JV and Varsity Weight Training Passing Game/Def	2pm – 4 pm JV and Varsity Weight Training No Huddle O	2pm – 4 pm JV and Varsity Weight Training No Huddle O/Def Pass		<b>Westmont Varsity 24-Team Passing Tourney 8am – 5 pm</b>	
17	<b>7/7 Lynbrook HOME JV &amp; Varsity 5 pm</b>	18	19	<b>7/7 @ Cupertino JV &amp; Varsity 5 pm</b>	21	22
2pm to 4 pm Weight Training Off/Def Skills Development    JV & Varsity			2pm to 4 pm Weight Training Off/Def Skills			
24	<b>7/7 @ Lynbrook JV &amp; Varsity 5 pm</b>	25	26	<b>7/7 @Kings Acad. JV &amp; Varsity 5 pm</b>	28	29
2pm to 4 pm Weight Training Off/Def Skills Development    JV & Varsity			2pm to 4 pm Weight Training Off/Def Skills			



*\*FHS Summer School: June 17<sup>th</sup> to July 25<sup>th</sup> from 8am-12:50pm*

# FREMONT FOOTBALL

# July 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
2pm to 4 pm Weight Training Off/Def Skills Development JV & Varsity			4 <sup>th</sup> of July Weekend No Workouts			
8	7/7 Kings Acad. HOME JV & Varsity 5 pm	9	10	7/7 Cupertino HOME JV & Varsity 5 pm	11	12
2pm to 4 pm Weight Training Off/Def Skills Development JV & Varsity			2pm to 4 pm Weight Training Off/Def Skills Development			
15	16	17	18	19	20	21
2pm to 4 pm Weight Training Off/Def Skills Development JV & Varsity			2pm to 4 pm Weight Training Off/Def Skills Development			
22	23	24	25	26	27	28
Optional Weight Training			Optional Weight Training JV & Varsity			Dead Period No Workouts
29	30	31	Dead Period No Workouts			



**All Athletes** must participate in at least 10 days of practice to eligible to participate in the scrimmage on the 23<sup>rd</sup> @ Monta Vista High School

**All Athletes** must have had a valid physical exam, proof of health insurance, and consent forms signed before being allowed to participate.

\*Home Game at Fremont High School

# FREMONT FOOTBALL August 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
			1	2	3	4	
			Dead Period No Workouts				
5	6	7	8	9	10	11	
Varsity & JV Issue Equipment	Varsity and JV Conditioning			First Day of Fall Practice	Football Practice		
12	13	14	15	16	17	18	
Fall Football Practice					Intra-Squad Scrimmage 10AM		
19	20	21	22	23	24	25	
First Day of Fall Classes				Scrimmage @ Monta Vista JV & Varsity: 3:30 PM			
26	27	28	29	30	31		
				Game *Los Altos HS 4:30/7:00 PM			