

DHS Football - June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycle 5 Week 3						1
2 Cycle 5 Week 4	3 7am – Varsity 9am - Sophomore	4 7am – Varsity 9am – Sophomore	5	6 7am – Varsity 9am – Sophomore	7 Wild 7's Tournament	8
9 Cycle 6 Week 1	10 7am – Varsity 9am – Sophomore	11 7am – Varsity 9am – Sophomore	12	13 7am – Varsity 9am – Sophomore	14 7am – Varsity 9am – Sophomore	15 Potential 7 on 7
16 Cycle 6 Week 2	17 Football Camp	18 Football Camp	19 Football Camp	20 Football Camp	21 Football Camp	22
23 Cycle 6 Week 3	24 <u>Off Week</u>	25 <u>Off Week</u>	26 <u>Off Week</u>	27 <u>Off Week</u>	28 <u>Off Week</u>	29
30 Cycle 6 Week 4						

DETAILS

June Conditioning

Players are expected to attend at least 3 lifts per week. There will be 4 opportunities every week. Varsity will begin at 7am; Sophomore at 9am.

Attendance will be tracked.

Summer Camp

Will be held from June 17th to 21st. We will scrimmage twice that week versus other high schools. Times TBD. This is critical to our team development.

Communication

It is vital that players communicate with his coach (position, head) about attendance. Please make certain this is done via text or email.