

DHS Football - July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <u>Moratorium</u>	2 <u>Moratorium</u>	3 <u>Moratorium</u>	4 <u>Moratorium</u>	5 <u>Moratorium</u>	6
7 (40 Days)	8 7am – Varsity 9am – Sophomore	9 7am – Varsity 9am – Sophomore	10	11 7am – Varsity 9am – Sophomore	12 7am – Varsity 9am – Sophomore	13
14	15 7am – Varsity 9am – Sophomore	16 7am – Varsity 9am – Sophomore	17 (30 Days) 6pm – Youth Clinic	18 7am – Varsity 9am – Sophomore 6pm – Youth Clinic	19 7am – Varsity 9am – Sophomore Senior Overnight Trip	20 Senior Trip Return
21	22 7am – Varsity 9am – Sophomore	23 7am – Varsity 9am – Sophomore	24	25 Off Day – No Lift	26 Off Day – No Lift	27 (20 Days)
28	29 Season Begins 7-10am – Varsity Sophomore - TBD	30 7-10am – Varsity Sophomore – TBD	31 7-10am – Varsity (Shells) Sophomore – TBD			

DETAILS

Moratorium

The first week of July is a moratorium by the UHSAA. No team activities will be held at this time. Players are on their own to workout.

July 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.

2019 Season

The season begins on July 29th with the first week of Fall Camp. **ALL PRACTICES ARE MANDATORY AT THIS POINT!**