

# DHS Football - August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 7-10am – Varsity (Shells)	2 7-10am – Varsity (Full)	3
4 7am – Practice 7pm – Practice	5 7am – Practice 7pm – Practice	6 7am – Practice 7pm – Practice	7 7am – Practice 7pm – Practice	8 7am – Practice 7pm – Practice	9 7am – Walk Through 7pm – Brown & Gold	10
11 7pm – Practice	12 7pm – Practice	13 7pm – Practice	14 7pm – Practice	15 7pm – Practice	16 7am – Team Walk <b>7pm – vs. Herriman</b>	17 8am - Practice
18 3:30pm – Practice	19 3:30pm – Practice	20 3:30pm – Practice	A 21 6am – Practice	B 22 <b>3:30pm – Soph vs. Viewmont</b>	A 23 <b>7pm – Viewmont</b>	24 8am - Practice
25 2:45pm – Practice	B 26 2:45pm – Practice	A 27 2:45pm – Practice	B 28 2:45pm – Practice <u>5:30pm – Team Dinner</u>	A 29 <b>3:30pm – JV @ Northridge / Soph vs. Northridge</b>	B 30 <b>7pm – vs. Northridge</b>	31 8am - Practice

## EVENTS

### School

School begins Wednesday, August 21<sup>st</sup>. In order to combat distractions of the 1<sup>st</sup> day of school we will practice that morning before and during 1<sup>st</sup> Period Athletics.

### Hydration, Fuel, Rest

Water, Food, and Rest are imperative and vital to any athlete's success. Please drink 64+ oz. of water each day, eat 5-6 controlled portions, rest 8-10 hours per night.

### JV & Sophomore Games

Start times are 3:30pm. JV is always opposite venue of varsity. Sophomore follows varsity. THERE WILL BE NO JV Games outside of region play.