

# DHS Football - January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	A 6 1 <sup>st</sup> Period – Lift / Study Hall Seniors	B 7	A 8 1 <sup>st</sup> Period – Lift / Study Hall Seniors	B 9	A 10 1 <sup>st</sup> Period – Lift / Study Hall Seniors	11
12	B 13	A 14 1 <sup>st</sup> Period – Lift / Study Hall Seniors	B 15	A/B 16 1 <sup>st</sup> Period – Lift / Study Hall Seniors	<b>NO SCHOOL 17</b> <b>Professional Day for Teachers</b>	18
19	<b>NO SCHOOL 20</b> <b>Holiday</b>	A 21 1 <sup>st</sup> Period – 1RM Testing	B 22 <b>4:30p – 8<sup>th</sup> &amp; 9<sup>th</sup> Lift</b>	A 23 1 <sup>st</sup> Period – 1RM Testing	B 24	25
26 Week 1 Character	A 27 1 <sup>st</sup> Period – Lift/Run <b>4:30p – 8<sup>th</sup> &amp; 9<sup>th</sup> Lift</b>	B 28	A 29 1 <sup>st</sup> Period – Lift/Run <b>4:30p – 8<sup>th</sup> &amp; 9<sup>th</sup> Lift</b>	B 30	A 31 1 <sup>st</sup> Period – Lift/Run	

## DETAILS

### Goals

The season is comprised of 16 weeks. Coincidentally, so is the off-season. We will make teams goals and track our 'off-season' record.

### Communication

Vital – the following outlets will be used.

1. Godartsgo.com – Football
2. Instagram - @coacharquette
3. Hudl.com – sign up for team acct.

### Character Lessons

Each week a coach, guest speaker, administrator, counselor, or player will present a character lesson. Spending time to develop character is critical to our team/individual success.