

# DHS Football - February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Week 2 Commitment	2 B 3 4:30p – 8 <sup>th</sup> & 9 <sup>th</sup> Lift	A 4 1 <sup>st</sup> Period – Lift/Run	B 5 4:30p – 8 <sup>th</sup> & 9 <sup>th</sup> Lift	A 6 1 <sup>st</sup> Period – Lift/Run	B 7 6:15a – Varsity (Optional)	8
Week 3 Community	9 A 10 1 <sup>st</sup> Period – Lift/Run 4:30p – 8 <sup>th</sup> & 9 <sup>th</sup> Lift	B 11	A 12 1 <sup>st</sup> Period – Lift/Run 4:30p – 8 <sup>th</sup> & 9 <sup>th</sup> Lift	B 13	A 14 1 <sup>st</sup> Period – Lift/Run	15
Week 4 Competition	16 NO SCHOOL Holiday	B 18	A 19 1 <sup>st</sup> Period – Lift/Run 4:30p – 8 <sup>th</sup> & 9 <sup>th</sup> Lift	B 20	A 21 1 <sup>st</sup> Period – Lift/Run	22
Week 5 Coaching	23 B 24 4:30p – 8 <sup>th</sup> & 9 <sup>th</sup> Lift	A 25 1 <sup>st</sup> Period – Lift/Run	B 26 4:30p – 8 <sup>th</sup> & 9 <sup>th</sup> Lift	A 27 1 <sup>st</sup> Period – Lift/Run	B 28 6:15a – Varsity (Optional)	29

## DETAILS

### Spring Sports

Those participating in spring athletics (baseball, lacrosse, rugby, soccer, and track) are expected to give ALL THEIR EFFORT TO THAT SPORT!

### Mentality

Winter is the time to improve strength, flexibility, agility, and coordination. Multiple sports provide this platform. It is encouraged that players participate.

### Players

What is your motivation? Intrinsic or Extrinsic? Why do you compete?