

DHS Football - May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
Week 14 ACT/SAT Testing 3	A 4 1 st Period – Lift/Run 4:30p – 8th & 9th Lift Spring Practice #3	B 5	A 6 (100 Days to Kickoff) 1 st Period – Lift/Run 4:30p – 8th & 9th Lift Spring Practice #4	B 7	A 8 1 st Period – Lift/Run	9
Week 15 Accountability 10	B 11 4:30p – 8th & 9th Lift Spring Practice #5	A 12 1 st Period – Lift/Run	B 13 4:30p – 8th & 9th Lift Spring Practice #6	A 14 1 st Period – Lift/Run	B 15	16
Week 16 Team First 17	A 18 1 st Period – Lift/Run 4:30p – 8th & 9th Lift Spring Practice #7	B 19	A 20 1 st Period – Lift/Run 4:30p – 8th & 9th Lift Spring Practice #8 Parent Meeting	B 21	A 22 1 st Period – Lift/Run	23
Week 17 3 R's 24	NO SCHOOL 25 Holiday	B 26 Varsity – 7 on 7	A 27 1 st Period – Lift/Run Varsity – 7 on 7	B 28 Varsity – 7 on 7	A/B 29 Varsity – 7 on 7	30
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DETAILS

Spring Practice

We will practice 2 nights a week from 6-7:15p. Quick and concise. Drills, scheme, and team units. This will introduce younger players to system and get coaches around athletes.

7 on 7

Practice will begin the final week of school. WE will schedule 1-2 tournaments to attend and compete against other schools.

Summer Vacation

Parents – Please plan your summer activities around the calendar as much as possible. Players should attend 3 of 4 lifts per week and as many team functions as possible.