

DHS Football - July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <u>State Moratorium</u>	2 <u>State Moratorium</u>	3 <u>State Moratorium</u>	4
5	6 7:30a – Varsity 9a - Sophomore	7 7:30a – Varsity 9a - Sophomore	8	9 7:30a – Varsity 9a - Sophomore	10 7:30a – Varsity 9a - Sophomore	11
12	13 7:30a – Varsity 9a - Sophomore	14 7:30a – Varsity 9a - Sophomore	15 (Youth Football Camp)	16 7:30a – Varsity 9a – Sophomore (Youth Football Camp)	17 7:30a – Varsity 9a – Sophomore (Senior Overnight Trip)	18 (Senior Overnight Trip)
19	20 7:30a – Varsity 9a - Sophomore	21 7:30a – Varsity 9a - Sophomore	22	23 7:30a – Varsity 9a - Sophomore	24	25
26	27 <u>Season Begins</u> 7-10am – Varsity (Helmets) Sophomore - TBD	28 7-10am – Varsity (Helmets) 10am – Card Blitz Sophomore - TBD	29 7-10am – Varsity (Shells) Sophomore - TBD	30 7-10am – Varsity (Shells) Sophomore - TBD	31 7-10am – Varsity (Full) Sophomore - TBD	

DETAILS

State 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 7:30a; Sophomore at 9a.
Attendance will be tracked.

2020 Season

The season begins officially on July 27th with the first week of Fall Camp. **ALL PRACTICES ARE MANDATORY AT THIS POINT!!**