

DHS Football - August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 7am – Practice 7pm - Practice	4 7am – Practice 7pm – Practice	5 7am – Practice 7pm – Practice	6 7am – Practice 7pm – Practice	7 7am – Walk Thru 7pm – Brown & gold	8
9	10 7pm - Practice	11 4-6pm – Card Blitz 7pm – Practice	12 7pm – Practice	13 7pm – Practice	14 7am – Team Walk 7pm - @ Herriman	15 8am - Practice
16	17 7pm - Practice	18 7pm - Practice	19 7pm - Practice	20 7pm – Practice 3:30p – Soph vs. Viewmont	21 7am – Team Walk 7pm - @ Viewmont	22 8a – Practice
23	24 2:45p – Practice	25 6am – Practice 1 st Day of School	26 2:45p – Practice 5:30p – Team Dinner	27 3:30pm – Soph/JV Game	28 7pm – Varsity TBD	29 8a - Practice
30	31					

DETAILS

School

School begins on Tuesday, Aug. 25th. In order to combat distractions of the 1st day of school we will practice that morning during our 1st period athletics.

Hydration, Fuel, and Rest

Water, food, and rest are imperative and vital to any athlete's success. Please drink 64+ oz. of water each day. Plan on snacks in between regular meals (pack them to class).

JV & Sophomore Games

Start times are 3:30pm. JV is always opposite venue of varsity. Sophomore will follow varsity. THERE WILL BE NO JV GAMES OUTSIDE OF REGION.