



Greetings Potomac Football family,

The summer is upon us and it won't be long until football begins. Below, please find a summary of the preseason schedule. Please note that times are subject to adjustment according to field and weight room assignments. I will send more specific information prior to the start of each week.

Monday, August 16 (Helmets only)

Football activities from 8am – 12pm

Tuesday, August 17 (Helmets only)

Football activities from 8am – 12pm

Wednesday, August 18 (Helmets only)

Football activities from 8am – 12pm

Thursday, August 19 (Shells)

Football activities from 8am – 12pm

Friday, August 20 (Shells)

Football activities from 8am – 12pm

Saturday, August 21 (Two Practices)

Football activities from 8am – 2pm

Monday, August 23 (Two practices)

Practice #1 8am – 11pm

Practice #2 3pm – 4:30pm

Tuesday, August 24

Practice 3pm – 5:30pm

Wednesday, August 25

Scrimmage with St. Stephens/St. Agnes (Time TBD)

Thursday, August 26 (Two practices)

Practice #1 8am – 11pm

Practice #2 3pm – 4:30pm

Friday, August 27

Practice 3pm – 5:30pm

Saturday, August 28

Scrimmage with O'Connell (Time TBD)

Monday, August 30 (Two practices if possible)

Practice #1 8am – 11pm

Practice #2 3pm – 4:30pm

Tuesday, Aug. 31 – Friday Sept. 3

Practice 3pm – 5:30pm

Saturday, September 4

Beat Norfolk Academy! (12:30 pm)

As always, please reach out to me with any questions you may have. Onward for Potomac!

*Coach Remmo*