

LA PORTE HIGH SCHOOL FOOTBALL AUGUST PRACTICE CALENDAR

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
2 Day 1 Helmets <u>Freshmen</u> 700-900A Lift After <u>Uppers</u> 800-1000A Lift/Film After Hour A Thon Fundraiser Letters and Call Sheets GO HOME	3 Day 2 Helmets <u>Freshmen</u> 700-900A Lift After <u>Uppers</u> 800-1000A Lift/Film After Distribute Shoulder Pads	4 Day 3 Shells <u>Freshmen</u> 700-900A Lift After <u>Uppers</u> 800-1000A Lift/Film After	5 Day 4 Shells <u>Freshmen</u> 430-600 Lift After <u>Uppers</u> 430-630 Lift/Film After Hour A Thon Fundraiser Letters and Call Sheets RETURNED TO POSITION COACH	6 Day 5 Full <u>Freshmen</u> 430-600 <u>Uppers</u> 430-630 Film After	7 Day 6 Orange/White Scrimmage 1000AM, Report 915AM Hour A Thon Fundraiser 100-215	8 OFF
9 Day 7 <u>Freshmen</u> 430-600 Lift After <u>Uppers</u> 430-630 Lift/Film After	10 Day 8 <u>Freshmen</u> 430-600 Lift After <u>Uppers</u> 430-630 Lift/Film After	11 Day 9 <u>Freshmen</u> 430-600 Lift After <u>Uppers</u> 430-630 Lift/Film After	12 Day 10 <u>Freshmen</u> 430-600 Lift After <u>Uppers</u> 430-630 Film After	13 Day 11 Elsik Scrimmage <u>Freshmen 430</u> (Pictures 200) <u>JV 530</u> (Pictures 330) <u>Varsity 700</u> (Pictures 415) HOME	14 <u>All Players</u> Treatment 8A <u>Uppers</u> Film 9A <u>Uppers</u> Lift 10A	15 OFF

16 <u>Freshmen</u> 200-330 Lift After <u>Uppers</u> 300-430 Lift/Film After ***Meet the Bulldogs Kickoff Event After Practice*** (TIME TBD)	17 Freshmen 1 st Day of School <u>Freshmen</u> 200-330 Lift After <u>Uppers</u> 300-430 Lift/Film After	18 Uppers 1 st Day of School <u>Freshmen</u> 200-330 Lift After <u>Uppers</u> 300-430 Lift/Film After	19 <u>Freshmen</u> 245-415 Lift After <u>Uppers</u> 300-430 Film After	20 Clear Falls Scrimmage <u>Freshmen 430</u> <u>JV 530</u> <u>Varsity 700</u> HOME @TBD HOME	21 Weekend Work-DP <u>All Players</u> Treatment 8A <u>Uppers</u> Film 9A <u>Uppers</u> Lift 10A	22 Weekend Work-DP
<u>NORMAL GAME WEEK PRACTICE SCHEDULE (VARSITY ON FRIDAY)</u>						
23 <u>Freshmen</u> 200-330 Lift After <u>Uppers</u> 300-430 Lift/Film After	24 <u>Freshmen</u> 200-330 Lift After <u>Uppers</u> 300-430 Lift/Film After	25 <u>Freshmen</u> 200-330 <u>JV</u> 300-430 <u>Varsity</u> <u>600AM-650AM</u> Home After School	26 <u>Fresh @DP</u> 430 <u>JV DP HOME</u> 430 <u>Varsity</u> Practice During AP Home After School	27 <u>Varsity @Deer</u> <u>Park</u> 700 <u>Freshmen & JV</u> Film, Run, Lift During AP Home After School	28 Weekend Work-Lake Treatment8A Varsity Film9A Varsity Lift10A	29 Weekend Work-Lake