

August Practice Overview

DAY	DATE	EQUIP.	SCHEDULE	LOCATION
MON	8/14	Helmet	8:00am – Meeting/Equip Issue/Ht/Wt 9:30am - 11:30am Practice 3:30pm - 5:30pm Practice	Wescott - Stadium
				Wescott - Stadium
				Wescott - Stadium
TUES	8/15	Helmet Shoulder Pads – 1 hr	8:45am – Team Meeting 9:00am – 9:45am Walk-thru – (45 mins) 10:00am - 12:00pm Practice	Wescott - Stadium
				Wescott - Stadium
				Wescott - Stadium
WED	8/16	Helmet & SP	8:30am – Team Meeting 9:00am - 11:00am Practice 3:30pm - 5:30pm Practice	Wescott - Stadium
				Wescott - Stadium
				Wescott - Stadium
THUR	8/17	Helmet & SP	8:45am – Team Meeting 9:00am – 9:45am Walk-thru – (45 mins) 10:00am - 12:00pm Practice	Wescott - Stadium
				Wescott - Stadium
				Wescott - Stadium
FRI	8/18	Helmet & SP	8:30am - Team Meeting 9:00am – 11:00am Practice 1:45pm – 3:45pm Practice	Wescott - Stadium
				Wescott - Stadium
				Wescott - Stadium
SAT	8/19		NO PRACTICE	
SUN	8/20		NO PRACTICE	
DAY	DATE	EQUIP.	SCHEDULE	
MON	8/21	Helmet & SP	3:00pm – 3:45pm Walk-thru 4:00pm - 7:00pm Practice	Wescott - Stadium
TUES	8/22	Helmet & SP	6:30am – 7:15am – VARSITY LIFT 7:15am – 8:00am – 9th & 10th GRADE LIFT 3:00pm – 3:45pm Walk-thru 4:00pm – 7:00pm Practice	Annex Weight Room
				Annex Weight Room
				Wescott - Stadium
WED	8/23	Helmet & SP	3:00pm – 3:45pm Walk-thru 4:00pm – 7:00pm Practice (Packer Scrimmage)	Wescott - Stadium
THUR	8/24	Helmet & SP	6:30am – 7:15am VARSITY LIFT 7:15am – 8:00am 9th & 10th GRADE LIFT 3:00pm – 3:45pm Walk-thru 4:00pm - 7:00pm Practice	Annex Weight Room
				Annex Weight Room
				Wescott - Stadium
FRI	8/25	Helmet & SP	8:30am - 11:30am Practice (NO CONTACT)	Wescott - Stadium
SAT	8/26	Scrimmage	8:30am @ Albert Lea (All squads)	Albert Lea
SUN	8/27		NO PRACTICE	
DAY	DATE	EQUIP.	SCHEDULE	
MON	8/28		IN-SEASON SCHEDULE	
TUES	8/29		IN-SEASON SCHEDULE	
WED	8/30		IN-SEASON SCHEDULE	
THUR	8/31		9 th /JV Game vs ??	
FRI	9/01	GAME DAY	Varsity vs Watertown-Mayer	
SAT	9/02	NO PRACTICE	NO PRACTICE	
SUN	9/03	NO PRACTICE	NO PRACTICE	