

Satsuma Football July 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
OFF Yard Weights	OFF Yard Weights	OFF Yard Weights	OFF Yard Weights	OFF Yard Weights
10	11	12	13	14
Summer # 13 Football / Weights 7:00 AM - 9:30 AM <i>Varsity</i>	Summer # 14 Football / Weights 7:00 AM - 9:30 AM <i>Middle School / Varsity</i>	Summer # 15 Football / Weights 7:00 AM - 9:30 AM <i>Varsity</i>	All Middle School Players & Varsity Lineman Football / Weights: 7:00 AM Varsity Skill: 7 on 7 Tournament 6:00 PM - Satsuma	
17	18	19	20	21
Summer # 17 Speed Ball / Weights 7:00 AM - 9:30 AM <i>Varsity</i>	Summer # 18 Speed Ball / Weights 7:00 AM - 9:30 AM <i>Middle School / Varsity</i>	Summer # 19 Speed Ball / Weights 7:00 AM - 9:30 AM <i>Varsity</i>	Summer # 20 Speed Ball / Weights 7:00 AM - 9:30 AM <i>Middle School / Varsity</i>	
24	25	26	27	28
Summer # 21 Football / Weights 7:00 AM - 9:30 AM <i>Varsity</i>	Summer # 22 Football / Weights 7:00 AM - 9:30 AM <i>Middle School / Varsity</i>	Summer # 23 Football / Weights 7:00 AM - 9:30 AM <i>Varsity</i>	Summer # 24 Football / Weights 7:00 AM - 9:30 AM <i>Middle School / Varsity</i>	

Contact Coach Rodney Jordan prior to
any missed team activity (251) 753-7847

- All August Practices are MANDATORY -