

# July

# 2021

## Football Schedule

"To be a better football player than you've ever been, you have to do something you've never done before"

### Notes:

Practice will be held on the dates below. Please bring the following items every day:

**Water**

**Shoes**

**Cleats**

If you will be on vacation or absent on these dates, please let me know ahead of time! Though this is all optional I would like to know who to expect each day!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Dead Period	6 No Practice	7 This Week	8 -----	9 ----->	10
11	12	13 Practice	14 Practice	15 Practice	16	17
18	19	20 Practice	21 Practice	22 Practice	23	24
25	26	27 Practice	28 Practice	29 Practice	30	31
<b>All Practices will be from 8-9:30am</b>	<u>Conditioning</u>  <u>Offense</u>  <u>Defense 30</u>	110's  Man Concepts Red Zone Mirrored Concepts	5-10-5 L drill Mile run	Quarters	Gear/order form money is due June 30 <sup>th</sup>	Polo, shorts, compression top are all REQUIRED  Hoodie and draw string bag are OPTIONAL

