

# August

**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 Practice	4 Practice	5 Practice	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
<b>All Practices will be from 8-9:30am</b>	<u>Conditioning</u>  <u>Offense</u>  <u>Defense</u>	110's  Play Action Specials	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

