

## 2<sup>nd</sup> Week's Practice Schedule - August 15<sup>th</sup> – 19<sup>th</sup>

### Monday – (8/15) – 2 Practices

#### *Practice #1*

All Players report to fields in full pads no later than 6:30am. (9<sup>th</sup>, JV, Varsity)

#### **6:45am-8:15am – Practice**

JV/ Varsity will lift after 1<sup>st</sup> Practice.

*All players may go home after the first practice/weight work.*

9<sup>th</sup> Teams do not have weights on Monday.

#### *Practice #2*

All players report to practice fields in shell no later than 2:45pm (9<sup>th</sup>, JV, Varsity)

#### **3:00pm – 4:30pm – Practice**

### Tuesday – (8/16) – 1 Practice

JV/Varsity Players will report to the weight room by 6:45am

9<sup>th</sup> teams will report to weight room by 8:00am

*All teams may go home after weights.*

All players report to practice fields in shell no later than 2:45pm (9<sup>th</sup>, JV, Varsity)

#### **3:00pm - 4:30pm – Practice**

### Wednesday – (8/17) – 2 Practices

#### *Practice #1*

All Players report to practice fields in shell no later than 6:30am. (9<sup>th</sup>, JV, Varsity)

#### **6:45am-8:15am – Practice**

(JV, Varsity will lift after practice)

*All players may go home after the first practice and or weights..*

#### *Practice #2*

All players report to practice fields in shell no later than 4:00pm (9<sup>th</sup>, JV, Varsity)

#### **4:15pm-5:45pm – Practice**

9<sup>th</sup> teams will lift after 2<sup>nd</sup> practice. They will be finished by 7:00pm.

**Thursday – (8/18) – 1 Practice**

All players (9<sup>th</sup>, JV, Varsity) report to practice fields by 6:30am (shell)

**6:45am-8:15am Practice**

**4:00pm – Varsity report to CAC for film**

JV/9<sup>th</sup> Teams are off the rest of the day on Thursday.

**Friday – (8/19) – Scrimmage vs Round Rock – Cedar Ridge HS (Here)**

*\*\*\*All Teams will scrimmage in Cavalier Stadium (Turf Field)\*\*\**

**5:00pm – 9<sup>th</sup> Grade Scrimmage Begins** Freshman will be divided into 2 groups – Each group will scrimmage at the same time on opposite ends of the field (Example – 9<sup>th</sup> Black on offense – North end of field/9<sup>th</sup> White on defense – South end of field)

**6:00pm – JV scrimmage begins** – (same format as freshman – JV White on one end and JV Black on the other)

**7:30pm – Varsity scrimmage begins**