

# Cougar Football - May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 <b>Cougar Leadership at 7:00 a.m. in Lecture Room</b>	5
6 Youth Parent Meeting Auditorium 6:00 pm – 7:00 pm  <b>9-12 Parent Meeting Auditorium 7:30 pm – 8:30 pm</b>	7  No TD Club Meeting This Month  Recruiting Fair 6:30	8	9	10	11 <b>Cougar Leadership at 7:00 a.m. in Lecture Room</b>	12
13	14	15	16	17	18 <b>Cougar Leadership at 7:00 a.m. in Lecture Room</b>	19
20	21	22	23	24	25 <b>Cougar Leadership at 7:00 a.m. in Lecture Room</b>	26
27	28	29	30	31		

# Cougar Football - June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1  FIRST DAY SUMMER FOOTBALL IS ALLOWED	2
3	4  Touchdown Club Meeting 6:30	5	6	7  LAST DAY OF SCHOOL	8  State Track Meet	9  State Track
10	11  8:30 – 9:30 Film 10–12:00 9-12 Football  Coaches Weight Room Training at 1:00 p.m.	12 <b>8:50 - 11:10 11-12 Lift</b> 10:20 - 12:30 9-10 Lift 1:00 - 3:00 6-8 Lift 2:20 - 3:20 1-5 Lift	13 <b>7:30 FB Equipment for 9<sup>th</sup>-12<sup>th</sup></b>  <b>9<sup>th</sup>-12<sup>th</sup> practice at Elk River from 10-12</b>  <b>Bus leaves at 8:30 and returns at 2:00</b>	14 <b>8:50 - 11:10 11-12 Lift</b> 10:20 - 12:30 9-10 Lift 1:00 - 3:00 6-8 Lift 2:20 - 3:20 1-5 Lift	15	16
17	18 <b>8:50 - 11:10 11-12 Lift</b> 10:20 - 12:30 9-10 Lift 1:00 - 3:00 6-8 Lift FB Equipment After Lift	19 <b>8:50 - 11:10 11-12 Lift</b> 10:20 - 12:30 9-10 Lift 1:00 - 3:00 6-8 Lift 2:20 - 3:20 1-5 Lift	20 <b>7:30-8:30 9-12 FB Film</b> <b>8:30-9:30 9-12 FB Lift</b> <b>10:00-12:00 9-12 Football</b>	21 <b>8:50 - 11:10 11-12 Lift</b> 10:20 - 12:30 9-10 Lift 1:00 - 3:00 6-8 Lift 2:20 - 3:20 1-5 Lift	22	23
24  <b>Vikings 7 on 7 Tourney 8:00 a.m.</b>	25 <b>8:50 - 11:10 11-12 Lift</b> 10:20 - 12:30 9-10 Lift 1:00 - 3:00 6-8 Lift  QB/Line Camps 9-11:00	26 <b>8:50 - 11:10 11-12 Lift</b> 10:20 - 12:30 9-10 Lift 1:00 - 3:00 6-8 Lift 2:20 - 3:20 1-5 Lift  QB/Line Camps 9:00-11:00	27 <b>7:30-8:30 9-12 FB Film</b> <b>8:30-9:30 9-12 FB Lift</b> <b>10:00-12:00 9-12 Football</b>  QB/Line Camps 9:00-11:00	28 <b>8:50 - 11:10 11-12 Lift</b> 10:20 - 12:30 9-10 Lift 1:00 - 3:00 6-8 Lift 2:20 - 3:20 1-5 Lift  QB/Line Camps 9-11:00	29 <b>7:30 Film</b> <b>8:30-10:30 Practice</b>  <b>11:00 Bus Departs for Camp Ripley</b>	30 <b>Return from Camp Ripley at 3:00</b>

# Cougar Football - July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2  OFF  MSHSL Blackout Week	3  OFF  MSHSL Blackout Week	4  HAPPY 4TH OF JULY!  MSHSL Blackout Week	5  OFF  MSHSL Blackout Week	6  OFF  MSHSL Blackout Week	7
8  <b>9<sup>th</sup>-12<sup>th</sup> 7 on 7 at LS 6:30-8:30 p.m.</b>	9 <b>8:50 - 11:10 11-12 Lift</b> 10:20 - 12:30 9-10 Lift 1:00 - 3:00 6-8 Lift  TD Club Meeting 6:30	10 <b>8:50 - 11:10 11-12 Lift</b> 10:20 - 12:30 9-10 Lift 1:00 - 3:00 6-8 Lift 2:20 - 3:20 1-5 Lift	11 <b>7:30-8:30 9-12 FB Film</b> <b>8:30-9:30 9-12 FB Lift</b> <b>10:00-12:00 9-12 FB</b>	12 <b>8:50 - 11:10 11-12 Lift</b> 10:20 - 12:30 9-10 Lift 1:00 - 3:00 6-8 Lift 2:20 - 3:20 1-5 Lift	13	14
15  <b>9<sup>th</sup>-12<sup>th</sup> 7 on 7 at LS 6:30-8:30 p.m.</b>	16 <b>8:50 - 11:10 11-12 Lift</b> 10:20 - 12:30 9-10 Lift 1:00 - 3:00 6-8 Lift	17 <b>8:50 - 11:10 11-12 Lift</b> 10:20 - 12:30 9-10 Lift 1:00 - 3:00 6-8 Lift 2:20 - 3:20 1-5 Lift	18 <b>7:30-8:30 9-12 FB Film</b> <b>8:30-9:30 9-12 FB Lift</b> <b>10:00-12:00 9-12 FB</b>	19 <b>8:50 - 11:10 11-12 Lift</b> 10:20 - 12:30 9-10 Lift 1:00 - 3:00 6-8 Lift 2:20 - 3:20 1-5 Lift	20	21
22  <b>9<sup>th</sup>-12<sup>th</sup> 7 on 7 at LS 6:30-8:30 p.m.</b>	23 <b>8:50 - 11:10 11-12 Lift</b> 10:20 - 12:30 9-10 Lift 1:00 - 3:00 6-8 Lift  <b>Cougar Football Camps</b> 8:30-11:30 am 1 <sup>st</sup> -5 <sup>th</sup> 5:30-8:30 pm 6 <sup>th</sup> -12 <sup>th</sup>	24 <b>8:50 - 11:10 11-12 Lift</b> 10:20 - 12:30 9-10 Lift 1:00 - 3:00 6-8 Lift 2:20 - 3:20 1-5 Lift  <b>Cougar Football Camps</b> 8:30-11:30 am 1 <sup>st</sup> -5 <sup>th</sup> 5:30-8:30 pm 6 <sup>th</sup> -12 <sup>th</sup>	25 <b>8:50 - 11:10 11-12 Lift</b> 10:20 - 12:30 9-10 Lift  <b>Cougar Football Camps</b> 8:30-11:30 am 1 <sup>st</sup> -5 <sup>th</sup> 5:30-8:30 pm 6 <sup>th</sup> -12 <sup>th</sup>	26 <b>8:50 - 11:10 11-12 Lift</b> 10:20 - 12:30 9-10 Lift 1:00 - 3:00 6-8 Lift 2:20 - 3:20 1-5 Lift  <b>Cougar Football Camps</b> 8:30-11:30 am 1 <sup>st</sup> -5 <sup>th</sup> 5:30-8:30 pm 6 <sup>th</sup> -12 <sup>th</sup>	27	28
29  <b>9<sup>th</sup>-12<sup>th</sup> 7 on 7 at LS 6:30-8:30 p.m.</b>	30 <b>8:50 - 11:10 11-12 Lift</b> 10:20 - 12:30 9-10 Lift 1:00 - 3:00 6-8 Lift  Youth Tryouts 6-8 pm	31 <b>8:50 - 11:10 11-12 Lift</b> 10:20 - 12:30 9-10 Lift 1:00 - 3:00 6-8 Lift 2:20 - 3:20 1-5 Lift  Youth Tryouts 6-8 pm				

# Cougar Football - August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:50 - 11:10 11-12 Lift 10:20 - 12:30 9-10 Lift  Youth Tryouts 6-8 pm	2 8:50 - 11:10 11-12 Lift 10:20 - 12:30 9-10 Lift 1:00 - 3:00 6-8 Lift 2:20 - 3:20 1-5 Lift  Youth Tryouts 6-8 pm	3	4
5	6 8:50 - 11:10 11-12 Lift 10:20 - 12:30 9-10 Lift 1:00 - 3:00 6-8 Lift  <b>Parent-Athlete Meeting at 6:00 p.m.</b>	7 8:50 - 11:10 11-12 Lift 10:20 - 12:30 9-10 Lift 1:00 - 3:00 6-8 Lift 2:20 - 3:20 1-5 Lift  Functional Movement Testing at LNHS?	8 8:50 - 11:10 11-12 Lift 10:20 - 12:30 9-10 Lift	9 <b>IRONMAN?</b> 8:50 - 11:10 11-12 Lift 10:20 - 12:30 9-10 Lift 1:00 - 3:00 6-8 Lift 2:20 - 3:20 1-5 Lift  <b>Equipment Handout After Lifting</b>	10 <b>Lakeville South Football Golf Tournament</b>  <b>Heritage Links Golf Course</b>  <b>11:00 a.m.</b>	11
12  Coaches Meeting 6:30	13 <b>V/JV &amp; 10th</b> 7:15-10:30 & 12:30-2:30 7:25Off Lift 8:00Def Lift <b>9-12 Meeting 10:30</b>  9A/9B 7:30-10:00 & 12:00-2:00 9:30 Lift	14 <b>V/JV &amp; 10th</b> 7:15-10:30 & 12:30-2:30 7:25Off Lift 8:00Def Lift  9A/9B 7:30-10:00 & 12:00-2:00 9:30 Lift	15 <b>V/JV &amp; 10th</b> 7:15-10:30 & 12:30-2:30 7:25Off Lift 8:00Def Lift 9A/9B 7:30-10:00 & 12:00-2:00 9:30 Lift <b>Pictures 4:00</b> <b>BBQ/Card Blitz 5:00-8:30</b>	16 <b>V/JV &amp; 10th</b> 7:15-10:30 & 12:30-2:30 <b>8:00 Lift</b>  9A/9B 7:30-10:00 & 12:00-2:00	17 <b>V/JV &amp; 10th</b> 7:15-10:30 <b>8:00 Lift</b>  9A/9B 7:30-10:00  <b>11:30-12:30 Triathlon</b>	18
19	20 <b>V/JV</b> 7:15-10:30 & 12:30-2:30 <b>8:00 Lift</b>  10 <sup>th</sup> & 9A/9B 7:30-10:00 & 12:00-2:00 7:30 10th Lift, 9:30 9th Lift	21 <b>V/JV</b> 7:15-10:30 & 12:30-2:30 <b>8:00 Lift</b>  10 <sup>th</sup> & 9A/9B 7:30-10:00 & 12:00-2:00 7:30 10th Lift, 9:30 9th Lift	22 <b>V/JV</b> 7:15-10:30 & 12:30-2:30 <b>8:00 Lift</b>  10 <sup>th</sup> & 9A/9B 7:30-10:00 & 12:00-2:00 7:30 10th Lift, 9:30 9th Lift	23 <b>V/JV 7:15-10:30 &amp; 12:30-2:30 8:00 Lift</b> 10 <sup>th</sup> & 9A/9B 7:30-10:00 & 12:00-2:00 7:30 10th Lift, 9:30 9th Lift <b>6-9 pm KO Bash</b>	24 <b>V/JV 7:15-10:30 &amp; 12:30-2:30</b> 10 <sup>th</sup> 7:30-10:00  9 <sup>th</sup> Scrimmage at Prior Lake <b>Makeup Bash Date</b>	25 <b>10<sup>th</sup>-12<sup>th</sup> Scrimmage at White Bear Lake at 9:00</b>  <b>Bus Leaves at 7:15</b>
26	27 <b>V/JV 2:50-5:30 Lift 2:50</b>  10th 2:50 - 5:30 Lift 5:00  9A/9B 2:50-5:30 Lift 5:00	28 <b>V/JV 2:50-5:30 Lift 2:50</b>  10th 2:50 - 5:30 Lift 5:00  9A/9B 2:50-5:30 Lift 5:00	29 <b>V/JV 2:50-5:00 Lift 2:50</b>  10th 2:50 - 5:30 Lift 5:00  9A/9B 2:50-5:30 Lift 5:00 <b>Team Meal 5:00</b>	30 <b>V - Edina (H) 7:00 Teacher Night</b>  10A/B- Edina (A) 4:30 9A - Edina (H) 4:30	31 <b>V/JV- 8:30 - 10:30 Lift 10:00</b> <b>JV - Edina (A) 10:00</b> 10 <sup>th</sup> - TBD 9B - Edina (A) 10:30	

# Cougar Football – September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1  Varsity- No Practice  9 <sup>th</sup> & 10 <sup>th</sup> – No Practice
2	3 Labor Day  <b>V/JV – 4:30 – 7:30</b> <b>Lift 5:00</b>  9 <sup>th</sup> & 10 <sup>th</sup> - No Practice	4  <b>V/JV 2:50–5:30 Lift 2:50</b>  10 <sup>th</sup> 2:50 – 5:30 Lift 5:00  9A/9B2:50–5:30 Lift 5:00	5 <b>V/JV 2:50–5:30 Lift 2:50</b>  10 <sup>th</sup> 2:50 – 5:30 Lift 5:00  9A/9B2:50–5:30 Lift 5:00	6 <b>V/JV 2:50–5:00 Lift 2:50</b>  <b>10A – Eagan (H) 4:30</b>  <b>9A – Eagan (A) 4:30</b>  <b>Team Meal 5:00</b>	7  <b>V – Eagan (H)</b> <b>LSFA Night</b>  10B-Eagan (A) 4:00	8 <b>V/JV– 8:30 – 10:30</b> <b>Lift 10:00</b>  <b>JV–Eagan (A) 10:00</b>  9 <sup>th</sup> & 10 <sup>th</sup> – No Practice
9	10 <b>V/JV- 2:50–5:30 Lift 2:50</b>  10 <sup>th</sup> 2:50 – 5:30 Lift 5:00  9B–Eagan (H) 4:30  TD Club Meeting 6:30	11 <b>V/JV 2:50–5:30 Lift 2:50</b>  10 <sup>th</sup> 2:50 – 5:30 Lift 5:00  9A/9B2:50–5:30 Lift 5:00	12 <b>V/JV 2:50–5:30 Lift 2:50</b>  10 <sup>th</sup> 2:50 – 5:30 Lift 5:00  9A/9B2:50–5:30 Lift 5:00	13 <b>V/JV 2:50–5:00 Lift 2:50</b>  10A–Burnsville (A) 4:30  9A–Burnsville (H) 4:30  <b>Team Meal 5:00</b>	14  <b>V-Burnsville (A)</b>  10B-Burnsville(A)4:00	15 <b>V/JV– 8:30 – 10:30</b> <b>Lift 10:00</b>  <b>JV–Burnsville (H)</b> <b>10:00</b> 9 <sup>th</sup> & 10 <sup>th</sup> – No Practice
16	17 <b>V- 2:50–5:30 Lift 2:50</b>  10 <sup>th</sup> 2:50 – 5:30 Lift 5:00  9B–Burnsville (A) 4:30	18 <b>V/JV 2:50–5:30 Lift 2:50</b>  10 <sup>th</sup> 2:50 – 5:30 Lift 5:00  9A/9B2:50–5:30 Lift 5:00	19 <b>V/JV 2:50–5:30 Lift 2:50</b>  10 <sup>th</sup> 2:50 – 5:30 Lift 5:00  9A/9B2:50–5:30 Lift 5:00	20 <b>V/JV 2:50–5:00 Lift 2:50</b>  10A–LakeNorth (H) 4:30  9A–LakeNorth (A) 4:30  <b>Team Meal 5:00</b>	21 <b>V- Lakeville North</b> <b>(H) 7:00</b> <b>Tackle</b> <b>Cancer/Larry</b> <b>Thompson Field?</b>  10B– LakeNorth(H)4:00	22 <b>V/JV– 8:30 – 11:00</b> <b>Lift 10:00</b>  <b>JV–Lake North (A)</b> <b>10:00</b> 9A & 10 <sup>th</sup> –No Practice
23	24 <b>V - 2:50–5:30 Lift 2:50</b>  10 <sup>th</sup> 2:50–5:00 *Lift 3:00  9B– LakeNorth (H) 4:30	25 <b>V/JV 2:50–5:30 Lift 2:50</b>  10 <sup>th</sup> 2:50–5:30 Lift 5:00  9A/9B2:50–5:30 Lift 5:00	26 <b>V/JV 2:50–5:30 Lift 2:50</b>  10 <sup>th</sup> 2:50 – 5:30 Lift 5:00  9A/9B2:50–5:30 Lift 5:00	27 <b>V/JV 2:50–5:00 Lift 2:50</b>  10A–Minnetonka (A) 4:30  9A– Minnetonka (H) 4:30  <b>Team Meal 5:00</b>	28 <b>V-Minnetonka (A)</b>  10B- Minnetonka (A)4:00	29 <b>V/JV– 8:30 – 10:30</b> <b>Lift 10:00</b>  <b>JV–Minnetonka (H)</b> <b>10:00</b>  9 <sup>th</sup> & 10 <sup>th</sup> – No Practice

# Cougar Football – October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	<p>1</p> <p><b>V - 2:50–5:30 Lift 2:50</b></p> <p>10th 2:50 – 5:30 Lift 5:00</p> <p>9B–Minnetonka (A) 4:30</p> <p>TD Club Meeting 6:30</p>	<p>2</p> <p><b>V/JV 2:50–5:30 Lift 2:50</b></p> <p>10th 2:50 – 5:30 Lift 5:00</p> <p>9A/9B2:50–5:30 Lift 5:00</p>	<p>3</p> <p><b>V/JV2:50–5:30 Lift2:50</b></p> <p>10th 2:50–5:00 Lift 5:00</p> <p>9A/9B2:50–5:30 Lift 5:00</p>	<p>4</p> <p><b>V/JV 2:50–5:30 Lift 2:50</b></p> <p>10A–Rosemount (A) 4:30</p> <p>9A–Rosemount (H) 4:30</p> <p><b>Team Meal 5:00</b></p>	<p>5</p> <p><b>V – Rosemount (A)</b></p> <p>10B–Rosemount (A) 4:00</p>	<p>6</p> <p><b>V/JV– 8:30 – 10:30 Lift 10:00</b></p> <p><b>JV–Rosemount (H) 10:00</b></p> <p>9<sup>th</sup> &amp; 10<sup>th</sup>–No Practice</p>
7	<p>8</p> <p><b>V - 2:50–5:30 Lift 2:50</b></p> <p>10th 2:50 – 5:30 Lift 5:00</p> <p>9B–Rosemount (A) 4:30</p>	<p>9</p> <p><b>V - 2:50 – 5:00 pm</b></p> <p>10th 2:50 – 5:30 Lift 5:00</p> <p>9A/9B2:50–5:30 Lift 5:00</p>	<p>10</p> <p><b>V/JV– 8:30 – 11:30 Lift 10:00</b></p> <p>10th 2:50 – 5:30 Lift 5:00</p> <p>9A/9B2:50–5:30 Lift 5:00</p>	<p>11</p> <p><b>V/JV– 8:30 – 11:30 Lift 10:00</b></p> <p>10A–Shakopee(H) 4:30</p> <p>9A–Shakopee(A) 4:30</p> <p><b>Team Meal 5:00</b></p>	<p>12</p> <p><b>V- Shakopee (H) 7:00 Senior/Parent Homecoming</b></p> <p>10B–Shakopee(H) 4:00</p>	<p>13</p> <p><b>V/JV– 8:30 – 11:30 Lift 8:30</b></p> <p><b>JV–Shakopee (A) 10:00 a.m.</b></p>
14	<p>15</p> <p><b>V/JV 2:50–5:30 Lift 2:50</b></p> <p>10th 2:50 – 5:30 Lift 5:00</p> <p>9B–Shakopee(A) 4:30</p>	<p>16</p> <p><b>V/JV 2:50–5:00 Team Meal 5:00</b></p> <p>10th 2:50 – 5:30 Lift 5:00</p> <p>9A/9B2:50–5:30 Lift 5:00</p>	<p>17</p> <p><b>V- Farmington (A)</b></p> <p>10A–Farmington(A)4:00</p> <p>9A–Farmington(H) 4:00</p>	<p>18</p> <p><b>V/JV 2:50–5:30 Lift 2:50</b></p> <p><b>JV–Farmington (H) 10:00</b></p> <p>MEA BREAK</p>	<p>19</p> <p><b>V/JV 2:50–5:30 Lift 2:50</b></p> <p>MEA BREAK</p>	<p>20</p> <p><b>V/JV– 8:30 – 11:30 Lift 8:30</b></p>
21	<p>22</p> <p><b>V/JV 2:50–5:30 Lift 2:50</b></p> <p>Freshmen Turn in Equipment after school and Pizza Party at 3:30</p>	<p>23</p> <p><b>V/JV 2:50–5:30 Lift 2:50</b></p> <p>Sophomores Turn in Equipment after school and Pizza Party at 3:00</p>	<p>24</p> <p><b>V/JV2:50–5:30 Lift2:50</b></p>	<p>25</p> <p><b>V/JV 2:50–5:30 Lift 2:50</b></p> <p><b>Team Meal 5:00</b></p>	<p>26</p> <p><b>V- AAAAAA 1st Round Playoffs High Seed 7:00 pm</b></p>	<p>27</p> <p><b>V – 8:30 – 10:30 Lift 8:30</b></p>
28	<p>29</p> <p><b>V/JV 2:50–5:30 Lift 2:50</b></p>	<p>30</p> <p><b>V/JV 2:50–5:30 Lift 2:50</b></p>	<p>31 Happy Halloween!</p> <p><b>V/JV2:50–5:30 Lift2:50</b></p>			

# Cougar Football - November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 V/JV 2:50–5:30 Lift 2:50  Team Meal 5:00	2  V-Section Final High Seed 7:00 pm	3  V – 8:30 – 10:30 Lift 8:30
4	5 V/JV 2:50–5:30 Lift 2:50  TD Club Meeting 6:30	6 V/JV 2:50–5:30 Lift 2:50	7 V/JV 2:50–5:30 Lift 2:50	8 V/JV 2:50–5:30 Lift 2:50  Team Meal 5:00	9  V-State AAAAA Quarterfinal TBD	10  V – 8:30 – 10:30 Lift 8:30
11	12 V/JV 2:50–5:30 Lift 2:50	13 V/JV 2:50–5:30 Lift 2:50	14 V/JV 2:50–5:30 Lift 2:50	15 V/JV 2:50–5:30 Lift 2:50  Team Meal 5:00	16  V-State AAAAA Semifinals TBD	17
18	19 V/JV 2:50–5:30 Lift 2:50	20 V/JV 2:50–5:30 Lift 2:50	21 V/JV 2:50–5:30 Lift 2:50	22  Thanksgiving  8:30 Walk Through	23  V- Prep Bowl Vikings Stadium TBD	24
25	26	27	28	29	30	Sun, December 2  V/JV Football Banquet 5:00 pm at Chart House?