



# FLOWER MOUND FOOTBALL



## FRESHMAN SPRING PRACTICE CALENDAR

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**APRIL**

22

23

Day #1

Report by 7:30 am

Practice 7:45 - 9:15 am

24

Day #2

Weights 6:45 - 7:20 am

Practice 7:45 - 9:15 am

25

Day #3

Report by 7:30 am

Practice 7:45 - 9:15 am

26

Day #4

Weights 6:45 - 7:20 am

Practice 7:45 - 9:15 am

27

Day #5

Report by 8:00 am

weights/film

28

29

30

Day #6

Report by 7:30 am

Practice 7:45 - 9:15 am

1

Day #7

Weights 6:45 - 7:20 am

Practice 7:45 - 9:15 am

2

Day #8

Report by 7:30 am

Practice 7:45 - 9:15 am

3

Day 9

Weights 6:45 - 7:20 am

Practice 7:45 - 9:15 am

4

Day #10

Report by 8:00 am

weights/film

5

**MAY**

6

7

Day #11

Report by 7:30 am

Practice 7:45 - 9:15 am

8

Day #12

Weights 6:45 - 7:20 am

Practice 7:45 - 9:15 am

9

Day #13

Report by 7:30 am

Practice 7:45 - 9:15 am

10

Day #14

Weights 6:45 - 7:20 am

Practice 7:45 - 9:15 am

11

12

13

14

15

16

17

18