



FLOWER MOUND FOOTBALL
PRACTICE SCHEDULES

VARSITY/JV

MONDAY

WEIGHTS (7-7:40 A.M. VARSITY/NAVY LIFTING GROUPS)
PRACTICE (3:10 – 5:10 P.M.)

TUESDAY

WEIGHTS (7-7:40 A.M. SILVER LIFTING GROUPS)
PRACTICE (3:10 – 5:10 P.M.)

WEDNESDAY

WEIGHTS (7-7:40 A.M. VARSITY/NAVY LIFTING GROUPS)
PRACTICE (3:10 – 4:55 P.M.)

THURSDAY

JV GAME DAYS

VARSIY WALK-THROUGH (3:15 – 4:00 P.M.)
VARSIY TEAM MEETING (4:30 – 5:00 P.M.)

FRIDAY

VARSIY GAME DAYS

JV WEIGHTS/FILM (ALL DURING 4TH PERIOD – FINISH AT 3:35 P.M.)

FRESHMEN

MONDAY

REPORT AT 7:15 A.M.
PRACTICE (7:40 – 9:05 A.M.)

TUESDAY

WEIGHTS (6:45 – 7:20 A.M.)
PRACTICE (7:40 – 9:05 A.M.)

WEDNESDAY

REPORT AT 7:15 A.M.
PRACTICE (7:40 – 8:55 A.M.)

THURSDAY

REPORT AT 7:45 A.M.
GAME DAY PREP/WALKTHROUGH 8:00 – 9:00 A.M.

FRIDAY

REPORT AT 7:50 A.M.
WEIGHTS/FILM (8:00 – 9:00 A.M.)