

## 2 A Day Schedule

### August 6-11

Mon 7-10 am	Weights and walk through	6-8 pm	Helmet only
Tuesday 7-10 am	Weights and walk through	6-8pm	Helmet only
Wednesday 7-10 am	Weights and walk through	6-8pm	Top Shelf
Thursday 7-10 am	Weights and walkthrough	6-8pm	Top Shelf
Friday 7-10 am	Film and walkthrough	6-8pm	Full Contact
Saturday 10: 00 am	Scrimmage		

### August 13-18

Mon 7-10 am	Weights and walk through	6-8 pm	
Tuesday 7-10 am	Weights and walk through	6-8 pm	
Wednesday 7-10 am	Weights and walk through	6-8 pm	
Thursday 7-10 am	Film 10-12		
Friday 8-10 am	Walk through and film & Jonesboro Scrimmage		
Saturday 9-12 am	Weights and film		

## August 20 First day of school