

| AUGUST  |  | LEON COUGARS FOOTBALL   |  |  |  | 2018   |  |
|---|--|---|--|--|--|--|--|
| 29  | 30   | 31  | 1  | 2  | 3  | 4  |  |
|   | <b>POWER CAMP &gt; 9am - 11am</b>  |   |  |  |  |  |  |
|   | <i>Senior FB Equipment Issue - 11am</i>  | <i>Junior FB Equipment Issue - 11am</i>   | <i>Sophomore FB Equipment Issue - 11am</i>         | <i>Freshman FB Equipment Issue - 11am</i>          |  |  |  |
|   | <b>YOUTH FOOTBALL CAMP - Incoming Grades 7-8-9<br/>6pm - 8:30pm</b>  |   |  |  |  |  |  |
| <b>5</b>  | <b>6</b>   | <b>7</b>  | <b>8</b>   | <b>9</b>   | <b>10</b>  | <b>11</b>  |  |
| <b>MIDNIGHT<br/>MADNESS<br/>WORKOUT<br/>ATHLETE LOCK-IN<br/><br/>ATHLETES<br/>FH Doors Open @<br/>11:30</b> | <b>START HYDRATING - DRINK AT LEAST 4 BOTTLES or 2 LITERS OF WATER EVERYDAY WHILE AWAY FROM THE FIELD HOUSE!!!</b> |   |  |  |  |  |  |
|   |  | <b>8:30 - 11:30<br/>Practice 2<br/>Acclimation</b>                                    | <b>8:30 - 11:30<br/>Practice 3<br/>Acclimation</b> | <b>8:30 - 11:30<br/>Practice 4<br/>Acclimation</b> | <b>8:30 - 11:30<br/>Practice 5<br/>Full Pads</b>   | <b>8:30 - 11:30<br/>Practice 6<br/>Full Pads</b> |  |
|   |  | <b>1:00 - 3:00<br/>Walk Through 1</b>   | <b>1:00 - 3:00<br/>Walk Through 2</b>              | <b>1:00 - 3:00<br/>Walk Through 3</b>              | <b>1:00 - 3:00<br/>Walk Through 4</b>  |  |  |
| <b>12</b>   | <b>13</b>  | <b>14</b>   | <b>15</b>  | <b>16</b>  | <b>17</b>  | <b>18</b>  |  |
|   | <b>4:30 - 8:00<br/>Practice 7<br/>Full Pads</b>  | <b>4:30 - 8:00<br/>Practice 8<br/>Full Pads</b>                                       | <b>4:30 - 8:00<br/>Practice 9<br/>Full Pads</b>    | <b>4:30 - 7:30<br/>Practice 10<br/>Full Pads</b>   | <b>Scrimmage vs. B-Eddy<br/>10:00 AM</b><br><b>Wts-Film</b><br><b>Coach's Cook</b><br><b>After Scrimmage</b> | <b>Athletes<br/>Off Until<br/>Monday</b>         |  |
| <b>19</b>   | <b>20</b>  | <b>21</b>   | <b>22</b>  | <b>23</b>  | <b>24</b>  | <b>25</b>  |  |
|   | <b>1st DAY OF<br/>SCHOOL</b><br><br><i>*No JH after school this week</i>   | <i>HS Football Practice<br/>Ending Times:<br/>Mon &amp; Tues = 6pm<br/>Wed = 5:30</i> |  | <b>Scrimmage @ R-Lott<br/>6:00 PM</b>              |  | <b>Athletes<br/>Off Until<br/>Monday</b>         |  |
| <b>26</b>   | <b>27</b>  | <b>28</b>   | <b>29</b>  | <b>30</b>  | <b>31</b>  | <b>1</b>   |  |
|   | <i>JH Football Practice<br/>Ending Times:<br/>Mon - Tues - Wed<br/>4:00</i>  |   |  | <b>Game 1 @ Mildred</b>                            |  |  |  |

**EXPLANATION:**

| <u>Youth Football Camp</u>   | <u>Midnight Madness</u>  | <u>Walk Throughs 1-4 &amp; Practices 1-10</u>  |
|--|--|--|
| This camp is for all incoming 7th - 8th - 9th graders. It is a great opportunity for the athletes to meet the coaches and learn some of the basic drills that will be performed once their season starts. This camp is FREE of charge. | Athletes report to FH by 11:30 to check in and make sure all required paperwork is complete. Any equipment that has not been issued will be taken care of at this time. <b>You MUST have a physical on file to participate.</b> Practice begins @ 12:01. | These are for ALL athletes. You must go through 4 days of Acclimation Workouts and at least 5 Practices in pads before you can scrimmage. This means that if you miss workouts, you will not only have to make them up, it could prevent you from participating in the scrimmage vs. B-Eddy. |