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| July | 2018 |
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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|  | **Weight Room Closed** | **Weight Room Closed** | **Weight Room Closed** | **Weight Room Closed** | **Weight Room Closed** |  |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
|  | Weight Room 8-10 am | Weight Room 8-10 am | Weight Room 8-10 am | Weight Room 8-10 am | Weight Room 8-10 am |  |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|  | Weight Room 8-10 am | Weight Room 8-10 am | Weight Room 8-10 am Equipment Check Out | Weight Room 8-10 amEquipment Check Out  | Weight Room 8-10 am | Equipment Check Out |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
|  | Practice 4-6:30Helmets | Practice 4-6:30Helmets | Practice 4-6:30Full Gear | Practice 4-6:30Full Gear | Practice 4-6:30Helmets & Shoulder Pads | Practice 8-11Full Gear |
| 29 | 30 | 31 |  |  |  |  |
|  | Practice 4-6:30Full Gear | Practice 4-6:30Full Gear |  |  |  |  |
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| Football Schedule |  |  |  |