**Weekly Schedule**

**Roosevelt Mustangs**

**Monday:**

6th Period:

* Defense Meet/ Offense Lift
* Defense Lift/Offense Meet

Get Dressed – Full Gear

Practice Starts @ 3:20

* Special Teams: Punt, KO, and Hands

**Tuesday:**

6th Period:

* Defense Lift/ Offense Meet
* Defense Meet/Offense Lift

Get Dressed – Full Gear

Practice Starts @ 3:20

* Special Teams: Punt Return, KOR, Onside

**Wednesday:**

6th Period:

* Defense Lift/ Offense Meet
* Defense Meet/Offense Lift

5:00 – Captain’s Meeting

5:10 – Special Teams Meeting

5:30 - Practice Starts (Full Gear)

* All Special Teams

**Thursday:**

6th Period:

* Practice (Helmets, Practice Jersey, Cleats)