

June 28th Run Schedule and Lifting Schedule					
	Time AM	Weight Room	Outside Weight Room	North Endzone	South Endzone
Monday	6:30	Big E (Espy/Blanding)	Generals (House)	Tigers (Fisher/Francis)	Ike (Jim)
	Field Work			Sleds	Agilty
	7:30 - Rotate				
	7:35	Tigers (Francis)	Ike (Jim)	Big E (Espy/Blanding)	Generals (Fisher/House)
	Field Work			Sleds	Agility
	8:30 - Dismiss				
Tuesday	6:30	Generals (House)	Big E (Espy/Blanding)	Tigers (Fisher/Francis)	Ike (Jim)
	Field Work			Agilty	Sleds
	7:30 - Rotate				
	7:35	Ike (Jim)	Tigers (Francis)	Big E (Espy/Blanding)	Generals (Fisher/House)
	Field Work			Agility	Sleds
	8:30 - Dismiss				
Wednesday	6:30	Generals (House)	Big E (Espy/Blanding)	Tigers (Fisher/Francis)	Ike (Jim/House)
	Field Work			Mobility	Sprint Work
	7:30 - Rotate				
	7:35	Ike (Jim)	Tigers (Francis)	Big E (Espy/Blanding)	Generals (Fisher/House)
	Field Work			Mobility	Sprint Work
	8:30 - Dismiss				
Thursday	6:30	Big E (Espy/Blanding)	Generals (House)	Tigers (Fisher/Francis)	Ike (Jim)
	Field Work			Sprint Work	Mobility
	7:30 - Rotate				
	7:35	Tigers (Francis)	Ike (Jim)	Big E (Espy/Blanding)	Generals (Fisher/House)
	Field Work			Sprint Work	Mobility
	8:30 - Dismiss				
JUNE 28th - Freshman					
	Time AM	Weight Room	Outside Weight Room	North Endzone	South Endzone
Monday	8:30	rieds(Fisher/Francis/Blan	Roys(House/Jimmy)		
	8:55 - Rotate				
	9:00		Seigfrieds(Fisher/Francis/Blan	Roys(House/Jimmy)	
				DEFENSE	DEFENSE
	9:30 - Dismiss				
Tuesday	8:30	Roys(House/Jimmy)	rieds(Fisher/Francis/Blanding)		
	8:55 - Rotate				
	9:00		Seigfrieds(Fisher/Francis/Blan	Roys(House/Jimmy)	
				OFFENSE	OFFENSE
	9:30 - Dismiss				
Wednesday	8:30	rieds(Fisher/Francis/Blan	Roys(House/Jimmy)		
	8:55 - Rotate				
	9:00		Seigfrieds(Fisher/Francis/Blan	Roys(House/Jimmy)	
				DEFENSE	OFFENSE
	9:30 - Dismiss				
Thursday	8:30	Roys(House/Jimmy)	rieds(Fisher/Francis/Blanding)		
	8:55 - Rotate				
	9:00		Seigfrieds(Fisher/Francis/Blan	Roys(House/Jimmy)	
				OFFENSE	OFFENSE
	9:30 - Dismiss				

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