

VARSITY SCHEDULE

Monday		Tuesday		Wednesday		Thursday		Friday	
300	Book Study	Skills Round Robin		300	Book Study	300	Book Study	300	Book Study
320	Offense Films			320	Offense Films	320	Offense Films	320	Offense Films
335	Defense Films	Lineman: TBA		335	Defense Films	335	Defense Films	340	Defense Films
350	Depart to Wtrm			350	Depart to Wtrm	350	Depart to Wtrm	400	Depart to Field
355	Lift			355	Lift	355	Lift	405	Centurion Games
440	Depart/Equip			440	Depart/Equip	440	Depart	500	End of Practice
450	Warm-Up			450	Warm-Up	450	Warm-Up		
500	Practice			500	Practice	500	Round Robin		
705	End of Practice			705	End of Practice		@ Saugus HS		

FROSH/SOPH SCHEDULE

Monday		Tuesday		Wednesday		Thursday		Friday	
300	Lift	6/21 Practice		300	Book Study	6/23 Practice		300	Book Study
345	Depart	6/28 R/R @ Agoura		345	Offense Films	6/30 R/R @ Saugus 3pm		320	Offense Films
350	Book Study	7/5 Practice		350	Defense Films	7/7 R/R @ Saugus 3pm		340	Defense Films
410	Off Meeting	7/12 R/R @ Buena		410	Depart to Wtrm	7/14 R/R @ Saugus 3pm		400	Depart to Field
425	Def Meeting	7/19 R/R @ Ventura		425	Lift	7/21 R/R @ Saugus 3pm		405	Centurion Games
440	Depart/Equip			440	Depart/Equip			500	End of Practice
450	Warm-Up	Lineman: TBA		450	Warm-Up				
500	Practice			500	Practice				
705	End of Practice			705	End of Practice				