**2018 OSBOURN PARK FOOTBALL OFF SEASON SCHEDULE**

1. **March – June Workouts Monday, Tuesday, Wednesday, Thursday (2:55 -4:30 PM)**
   1. **Players in Season**
      1. **Track Tuesday and Thursday after practice**
      2. **Baseball, Lax, and Soccer – Morning Workouts Available**
      3. **Do not lift on game, meet, or match days**
2. **Spring Parents Meeting May 17th 6:30 PM (Location TBD)**
3. **June – July Workouts Monday, Tuesday, Wednesday, Thursday (5 PM to 8 PM)**
4. **Friday Workouts only if we have Monday off**
5. **7 on 7 with OP Football begins in May**
6. **Important Dates**
   1. **Parent Meeting Tuesday May 17th 6:30 PM**
   2. **No Workouts during the weeks of June 4th, and July 2nd**
   3. **Freshmen can begin working out with the Team June 11th**
   4. **Physicals Due prior to July 18th for anyone going to Football Camp**
   5. **Football Travel Camp July 18th – July 21st (Varsity/JV only)**
   6. **Summer Parent Meeting July 25th 6:30 PM**
   7. **First Official Day of Practice July 26th Varsity/JV**
   8. **First Official Day of Practice for Freshmen Aug 1st**
7. **Coach Contact Info**
   1. **Coach Evans – 703.447.3736 (Must Text with a Parent Copied) ,** [CoachEvansOPHS@gmail.com](mailto:CoachEvansOPHS@gmail.com)
   2. **Coach Lancaster – 571.598.5097 (Must Text with a Parent Copied)** [chlancaster1@gmail.com](mailto:chlancaster1@gmail.com)

**June 2018**

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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  |  |  | **1** | **2** |
|  |  |  |  |  |  |  |
|  |  |  |  |  | Lifting/Field Work |  |
|  |  |  |  |  | 2:55 – 4:25 |  |
|  |  |  |  |  | Squat Workout |  |
| **3** | **4** | **5** | **6** | **7** | **8** | **9** |
|  | DEAD WEEK | DEAD WEEK | DEAD WEEK | DEAD WEEK | DEAD WEEK |  |
|  | NO WORKOUTS | NO WORKOUTS | NO WORKOUTS | NO WORKOUTS | NO WORKOUTS |  |
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| **10** | **11** | **12** | **13** | **14** | **15** | **16** |
|  | Summer Workout | Summer Workout | Big Man/Freshmen | Summer Workout |  |  |
|  | 5:00 PM to 8:00 PM | 5:00 PM to 8:00 PM | 5:00 PM to 8:00 PM | 5:00 PM to 8:00 PM |  |  |
|  | 1st Day Freshmen |  | Varsity |  |  |  |
|  | Can Workout |  | 5PM 7 on 7 Colgan |  |  |  |
| **17** | **18** | **19** | **20** | **21** | **22** | **23** |
|  | Summer Workout | Summer Workout | Big Man/Fresh | Summer Workout |  |  |
|  | 5:00 PM to 8:00 PM | 5:00 PM to 8:00 PM | 5:00 PM to 8:00 PM | 5:00 PM to 8:00 PM |  |  |
|  |  |  | Varsity |  |  |  |
|  |  |  | 5 PM 7 on 7 Colgan |  |  |  |
| **24** | **25** | **26** | **27** | **28** | **29** | **30** |
|  | Summer Workout | Summer Workout | **Summer Workout** | Summer Workout |  |  |
|  | 5:00 PM to 8:00 PM | 5:00 PM to 8:00 PM | 5:00 PM to 8:00 PM | 5:00 PM to 8:00 PM |  |  |
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**July 2018**

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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** |
| DEAD WEEK | DEAD WEEK | DEAD WEEK | DEAD WEEK | DEAD WEEK | DEAD WEEK | DEAD WEEK |
| NO WORKOUTS | NO WORKOUTS | NO WORKOUTS | NO WORKOUTS | NO WORKOUTS | NO WORKOUTS | NO WORKOUTS |
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| **8** | **9** | **10** | **11** | **12** | **13** | **14** |
|  | Summer Workout | Summer Workout | Summer Workout | Summer Workout |  |  |
|  | 5:00 PM to 8:00 PM | 5:00 PM to 8:00 PM | 5:00 PM to 8:00 PM | 5:00 PM to 8:00 PM |  |  |
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| **15** | **16** | **17** | **18** | **19** | **20** | **21** |
|  | Summer Workout | Summer Workout | Travel Camp | Travel Camp | Travel Camp |  |
|  | 5:00 PM to 8:00 PM | 5:00 PM to 8:00 PM | No Workouts | No Workouts | No Workouts |  |
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| **22** | **23** | **24** | **25** | **26** | **27** | **28** |
|  | Summer Workout | Summer Workout | OFF | Varsity/JV | Varsity/JV |  |
|  | Physical Turn In Date | Equipment Hand Out | Parents Meeting | 1st Day of Practice | Practice 2 |  |
|  | Equipment Hand Out |  | 6:30 PM | Report 4:00 PM | Report 4:00 PM |  |
|  | 5:00 PM to 8:00 PM | 5:00 PM to 8:00 PM |  | 5:00 PM to 8:00 PM | 5:00 PM to 8:00 PM |  |
| **29** | **30** | **31** |  |  |  |  |
|  | 3rd Practice Varsity/JV | 4th Practice Varsity/JV |  |  |  |  |
|  | Report 2 PM | Report 2 PM |  |  |  |  |
|  | 3:00-4:30 PM,6PM-8PM | 3-4:30 PM, 6 PM-8PM |  |  |  |  |
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**August 2018**

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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  | **1** | **2** | **3** | **4** |
|  |  |  | 5th Practice Var/JV | 6th Practice Var/JV | 7th Practice Var/JV |  |
|  |  |  | Report 2 PM | Report 2 PM | Report 2 PM |  |
|  |  |  | 3-4:30 PM, 6PM – 8 PM | 3-4:30 PM, 6PM-8PM | 3-4:30 PM, 6PM –8 PM |  |
|  |  |  | Fresh Report 5 PM | Fresh Report 5 PM | Fresh Report 5 PM |  |
| **5** | **6** | **7** | **8** | **9** | **10** | **11** |
|  | 8th Practice Varsity/JV | 9th Practice Varsity/JV | 10th Practice Varsity/JV | 11th Practice Varsity/JV | Scrimmage |  |
|  | Report 4PM | Report 4 PM | Report 4 PM | Report 4 PM | @Wakefield |  |
|  | 5:30 – 8PM | 5:30 PM – 8 PM | 5:30 PM – 8 PM | 5:30 PM – 8 PM | Varsity/JV |  |
|  | Fresh Report 5 PM | Fresh Report 5 PM | Fresh Report 5 PM | Fresh Report 5 PM | Fresh Practice TBD |  |
| **12** | **13** | **14** | **15** | **16** | **17** | **18** |
|  | 12th Practice Varsity/JV | 13th Practice Varsity/JV | 14th Practice Varsity/JV |  | Film/Walk Through |  |
|  | Report 4 PM | Report 4 PM | Report 4 PM | Benefit Game | Run Through |  |
|  | 5:30 – 8 PM | 5:30 -8PM | 5:30 PM – 8 PM | Manassas Park | Report 4 PM |  |
|  | Fresh Report 5 PM | Fresh Report 5PM | Fresh Report 5 PM | Fresh Practice TBD | Fresh/Practice |  |
| **19** | **20** | **21** | **22** | **23** | **24** | **25** |
|  | 16th Practice | 17th Practice | 18 Practice | 19 Practice | @TC Williams |  |
|  | Report 4 PM | Report 4 PM | Report 4 PM | Report 4 PM | 4 PM Game Time |  |
|  | 5:30 – 8 PM | 5:30 – 8 PM | 5:30 – 8 PM | 5:30 – 8 PM |  |  |
|  | JV/Freshmen Scrimmage | Freshmen 5 PM | Freshmen 5PM | Fresh Report 5 PM | NO Fresh Practice |  |
| **26** | **27** | **28** | **29** | **30** | **31** |  |
|  | School Starts | Practice 3:30 -5:45 PM | Practice 3:30 -5:45 PM | Practice 3:30 -5:45 PM |  |  |
|  | 3:30 to 5:45 Practice | Every Level | Every Level | Every Level | Forest Park |  |
|  | Fresh/JV Game |  |  |  |  |  |
|  | @Forest Park |  |  |  |  |  |
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