

**SUNDOWN ROUGHNECKS FOOTBALL - FALL CAMP SCHEDULE - (8/5 - 8/24) - JV & VARSITY**

\* ALL DATES AND TIMES SUBJECT TO CHANGE

<b>WEEK 1</b>		
<b>MONDAY, 8/5</b>	8:00 AM - 10:30 AM	PRACTICE (HELMET/SHIRT/SHORTS)
	10:30 AM - 10:45 AM	BREAK
	10:45 AM - 12:00 PM	LIFT / MEET
<b>TUESDAY, 8/6</b>	8:00 AM - 10:30 AM	PRACTICE (HELMET/SHIRT/SHORTS)
	10:30 AM - 10:45 AM	BREAK
	10:45 AM - 12:00 PM	LIFT / MEET
<b>WEDNESDAY, 8/7</b>	8:00 AM - 10:30 AM	PRACTICE (SHELLS)
	10:30 AM - 10:45 AM	BREAK
	10:45 AM - 12:00 PM	LIFT / MEET
<b>THURSDAY, 8/8</b>	8:00 AM - 10:30 AM	PRACTICE (SHELLS)
	10:30 AM - 10:45 AM	BREAK
	10:45 AM - 12:00 PM	LIFT / MEET
<b>FRIDAY, 8/9</b>	8:00 AM - 10:30 AM	PRACTICE (SHELLS)
	10:30 AM - 10:45 AM	BREAK
	10:45 AM - 12:00 PM	LIFT / MEET
<b>SATURDAY, 8/10</b>	8:00 AM - 10:30 AM	PRACTICE (FULL PADS)
	10:30 AM - 10:45 AM	BREAK
	10:45 AM - 12:00 PM	LIFT / MEET
<b>WEEK 2</b>		
<b>MONDAY, 8/12</b>	2:00 PM - 2:45 PM	LIFT / MEET
	2:45 PM - 3:00 PM	BREAK
	3:00 PM - 6:00 PM	PRACTICE (FULL PADS)
<b>TUESDAY, 8/13</b>	2:00 PM - 2:45 PM	LIFT / MEET
	2:45 PM - 3:00 PM	BREAK
	3:00 PM - 6:00 PM	PRACTICE (FULL PADS)
<b>WEDNESDAY, 8/14</b>	2:00 PM - 2:45 PM	LIFT / MEET
	2:45 PM - 3:00 PM	BREAK
	3:00 PM - 6:00 PM	PRACTICE (SHELLS)
<b>THURSDAY, 8/15</b>	2:00 PM - 2:45 PM	LIFT / MEET
	2:45 PM - 3:00 PM	BREAK
	3:00 PM - 6:00 PM	PRACTICE (SHELLS)
<b>FRIDAY, 8/16</b>	6:00 PM	SCRIMMAGE / "MEET THE ROUGHNECKS" AFTER FRIONA (HOME)
<b>SATURDAY, 8/17</b>	10:00 AM - 12:00 PM	LIFT / FILM / SPECIAL TEAMS (SHIRT / SHORTS)
<b>WEEK 3</b>		
<b>MONDAY, 8/19</b>	FIRST DAY OF SCHOOL	
	3:00 PM - 6:00 PM	PRACTICE (SHELLS) LIFT
<b>TUESDAY, 8/20</b>	3:00 PM - 6:00 PM	PRACTICE (FULL PADS)
<b>WEDNESDAY, 8/21</b>	3:00 PM - 6:00 PM	PRACTICE (SHELLS)
<b>THURSDAY, 8/22</b>	3:00 PM - 6:00 PM	PRACTICE (SHELLS) LIFT
	6:00 PM	SCRIMMAGE CRANE (AWAY)
<b>SATURDAY, 8/24</b>	10:00 AM - 12:00 PM	LIFT / FILM LATE AFTERNOON / EVENING (TBD) - TEAM PICTURES

# SUNDOWN ROUGHNECKS FOOTBALL - WEEKLY PRACTICE / GAME SCHEDULE (STARTING 8/19)

\* ALL DATES AND TIMES SUBJECT TO CHANGE

	<u>VARSAITY</u>	<u>JV</u>	<u>7TH / 8TH GRADE</u>
<b><u>MONDAY</u></b>			
2:00 PM - 2:50 PM	-----	-----	PRACTICE (SHELLS)
3:00 PM - 6:00 PM	PRACTICE (HELMETS/SHIRT/SHORTS)	PRACTICE (HELMETS/SHIRT/SHORTS)	-----
3:45 PM - 5:15 PM	-----	-----	PRACTICE (FULL PADS)
<b><u>TUESDAY</u></b>			
2:00 PM - 2:50 PM	-----	-----	PRACTICE (SHELLS)
3:00 PM - 6:00 PM	PRACTICE (FULL PADS)	PRACTICE (FULL PADS)	-----
<b><u>WEDNESDAY</u></b>			
2:00 PM - 2:50 PM	-----	-----	PRACTICE (SHELLS)
3:00 PM - 6:00 PM	PRACTICE (SHELLS)	PRACTICE (SHELLS)	-----
<b><u>THURSDAY</u></b>			
2:00 PM - 2:50 PM	-----	-----	PRACTICE (HELMET/SHIRT/SHORTS)
3:00 PM - 5:00 PM	PRACTICE (HELMET/SHIRT/SHORTS)	TRAVEL / GAME PREP	-----
3:45 PM - 5:00 PM	-----	-----	TRAVEL / GAME PREP
5:00 PM	-----	-----	GAME
6:00 PM	-----	GAME	GAME
<b><u>FRIDAY (REGULAR PEP RALLY BELL SCHEDULE)</u></b>			
1:44 PM - 2:26 PM	N/A	N/A	PRACTICE / LIFT
2:20 PM - 3:10 PM	MEET / FILM / PACK	MEETINGS / FILM / LIFT	N/A
3:10 PM - 3:45 PM	PEP RALLY	PEP RALLY	PEP RALLY
4:00 PM - 7:30 PM	TRAVEL / GAME PREP	N/A	N/A
7:30 PM	GAME	N/A	N/A
<b><u>SATURDAY</u></b>			
10:00 AM - 12:00 PM	LIFT / MEET / FILM	N/A	N/A