

SUNDOWN ROUGHNECKS FOOTBALL - FALL CAMP SCHEDULE - (8/6 - 8/20) - JV / VARSITY

* ALL DATES AND TIMES SUBJECT TO CHANGE

WEEK 1		
MONDAY, 8/6	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
TUESDAY, 8/7	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
WEDNESDAY, 8/8	8:00 AM - 10:30 AM	PRACTICE (SHELLS)
	10:30 AM - 10:45 AM	BREAK
	10:45 AM - 12:00 PM	LIFT / MEET
THURSDAY, 8/9	8:00 AM - 10:30 AM	PRACTICE (SHELLS)
	10:30 AM - 10:45 AM	BREAK
	10:45 AM - 12:00 PM	LIFT / MEET
FRIDAY, 8/10	9:00 PM - 12:00 AM	PRACTICE (SHELLS) "FRIDAY NIGHT LIGHTS"
SATURDAY, 8/11	10:00 AM - 1:00 PM	PRACTICE (FULL PADS)
WEEK 2		
MONDAY, 8/13	2:15 PM - 3:00 PM	LIFT / MEET
	3:00 PM - 3:15 PM	BREAK
	3:15 PM - 6:00 PM	PRACTICE (SHELLS)
TUESDAY, 8/14	2:15 PM - 3:00 PM	LIFT / MEET
	3:00 PM - 3:15 PM	BREAK
	3:15 PM - 6:00 PM	PRACTICE (FULL PADS)
WEDNESDAY, 8/15	2:15 PM - 3:00 PM	LIFT / MEET
	3:00 PM - 3:15 PM	BREAK
	3:15 PM - 6:00 PM	PRACTICE (SHELLS)
THURSDAY, 8/16	2:15 PM - 3:00 PM	LIFT / MEET
	3:00 PM - 3:15 PM	BREAK
	3:15 PM - 6:00 PM	PRACTICE (SHELLS)
FRIDAY, 8/17	5:00 PM	SCRIMMAGE FRIONA (@ FRIONA)
SATURDAY, 8/18	10:00 AM - 12:00 AM	LIFT / FILM / SPECIAL TEAMS (SHIRT / SHORTS)
WEEK 3		
MONDAY, 8/20	SCHOOL STARTS	
	2:55 PM - 5:55 PM	PRACTICE (SHELLS) LIFT
TUESDAY, 8/21	2:55 PM - 5:55 PM	PRACTICE (FULL PADS)
WEDNESDAY, 8/22	2:55 PM - 5:55 PM	PRACTICE (SHELLS)
THURSDAY, 8/23	2:55 PM - 5:55 PM	PRACTICE (SHELLS)
		LIFT
FRIDAY, 8/24	6:00 PM	SCRIMMAGE / MEET THE ROUGHNECKS CRANE (HOME)
SATURDAY, 8/25	10:00 AM - 12:00 AM	LIFT / FILM
		LATE AFTERNOON / EVENING (TBD) - TEAM PICTURES

SUNDOWN ROUGHNECKS FOOTBALL - WEEKLY PRACTICE / GAME SCHEDULE (STARTING 8/20)

* ALL DATES AND TIMES SUBJECT TO CHANGE

	<u>Varsity</u>	<u>JV</u>	<u>7TH / 8TH GRADE</u>
MONDAY			
2:00 PM - 2:50 PM	-----	-----	PRACTICE (SHELLS)
2:55 PM - 5:55 PM	PRACTICE (HELMETS/SHIRT/SHORTS)	PRACTICE (HELMETS/SHIRT/SHORTS)	-----
3:45 PM - 5:15 PM	-----	-----	PRACTICE (FULL PADS)
TUESDAY			
2:00 PM - 2:50 PM	-----	-----	PRACTICE (SHELLS)
2:55 PM - 5:55 PM	PRACTICE (FULL PADS)	PRACTICE (FULL PADS)	-----
WEDNESDAY			
2:00 PM - 2:50 PM	-----	-----	PRACTICE (SHELLS)
2:55 PM - 5:55 PM	PRACTICE (SHELLS)	PRACTICE (SHELLS)	-----
THURSDAY			
2:00 PM - 2:50 PM	-----	-----	PRACTICE (HELMET/SHIRT/SHORTS)
2:55 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
FRIDAY (REGULAR PEP RALLY BELL SCHEDULE)			
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
SATURDAY			
10:00 AM - 12:00 PM	LIFT / MEET / FILM	N/A	N/A