Wildcat Football
June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				30 Speed Development Returning Players 7:00-8:30 am Jr/Sr Equipment Day	31 Speed Development Returning Players 7:00-8:30 am Soph. Equipment Day	1
2 Freshmen Weight Room Clinic 6:00-7:30 pm @ S.C.H.S.	3 Var. Lift 2:00-3:00 pm **Wildcat Mini Camp** **3:00-5:30 pm** F/S Lift 5:30-6:00 pm	4 **Wildcat Mini Camp** **3:00-5:30 pm**	5 Var. Lift 2:00-3:00 pm **Wildcat Mini Camp** **3:00-5:30 pm** F/S Lift 5:30-6:00 pm	6 **Wildcat Mini Camp** **3:00-5:30 pm**	7 Var. Speed 7-7:45 am Lift: 7:45-8:30 am F/S Speed 8-8:45 am Lift 8:45-9:30 am	8
9	10 Var. Speed 7-7:45 am Lift: 7:45-8:30 am F/S Speed 8-8:45 am Lift 8:45-9:30 am	11	12 Var. Lift 7:00-8:30 am F/S Lift 4:00-5:30 pm **W.N.F. 5:30-7:30 pm** **All Players**	13	14 Var. Speed 7-7:45 am Lift: 7:45-8:30 am F/S Speed 8-8:45 am Lift 8:45-9:30 am	15
16	17 **Varsity / Soph. @** **Mater Dei: Bus 6:30am** Frosh Lift: 9-10 am Varsity Lift upon return	18	19 Var. Lift 7:00-8:30 am F/S Lift 4:00-5:30 pm **W.N.F. 5:30-7:30 pm** **All Players**	20	21 Var. Speed 7-7:45 am Lift: 7:45-8:30 am F/S Speed 8-8:45 am Lift 8:45-9:30 am	22
23	24 **Varsity / Soph. @** **Mater Dei: Bus 6:30am** Frosh Lift: 9-10 am Varsity Lift upon return	25	26 Var. Lift 7:00-8:30 am F/S Lift 4:00-5:30 pm **W.N.F. 5:30-7:30 pm** **All Players**	27	28 Var. Speed 7-7:45 am Lift: 7:45-8:30 am F/S Speed 8-8:45 am Lift 8:45-9:30 am	29
30						

Wildcat Football
July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Var. Speed 7-7:45 am Lift: 7:45-8:30 am F/S Speed 8-8:45 am Lift 8:45-9:30 am	2	3 Var. Speed 7-7:45 am Lift: 7:45-8:30 am F/S Speed 8-8:45 am Lift 8:45-9:30 am	4 **All Players Off**	5 **All Players Off**	6
7	8 **Varsity / Soph. @ Mater Dei: Bus 6:30am** Frosh Lift: 9-10 am Varsity Lift upon return	9	10 Var. Lift 7:00-8:30 am F/S Lift 4:00-5:30 pm **W.N.F. 5:30-7:30 pm All Players**	11	12 Var. Speed 7-7:45 am Lift: 7:45-8:30 am F/S Speed 8-8:45 am Lift 8:45-9:30 am	13
14	15 Var. Speed 7-7:45 am Lift: 7:45-8:30 am F/S Speed 8-8:45 am Lift 8:45-9:30 am	16	17 Var. Lift 7:00-8:30 am F/S Lift 4:00-5:30 pm **W.N.F. 5:30-7:30 pm All Players**	18	19 Var. Speed 7-7:45 am Lift: 7:45-8:30 am F/S Speed 8-8:45 am Lift 8:45-9:30 am	20
21	22 Var. Lift 9:00-10:00 am F/S Lift 4:00-5:00 pm **Wildcat Mini Camp 5:00-7:30 pm**	23 **Wildcat Mini Camp 5:00-7:30 pm**	24 Var. Lift 9:00-10:00 am F/S Lift 4:00-5:00 pm **Wildcat Mini Camp 5:00-7:30 pm**	25 **Wildcat Mini Camp Team Night vs. Olney / Central 6:00-8:00 pm**	26 F/S Lift 8-8:45 am **Varsity Depart for Clifton Central Overnight T.B.A.**	27 **Clifton Central 7 on 7 Tournament and Linemen Challenge 9:00 am**
28	29 Var. Speed 7-7:45 am Lift: 7:45-8:30 am F/S Speed 8-8:45 am Lift 8:45-9:30 am	30	31 **Final Day of Summer All Athletes 9:30-11:30 am**	8/1	8/2	8/3 **Practice Begins Monday August 12 5:00-8:00 pm Helmets Only**