



TRAINING CAMP SCHEDULE 2018

August 2018				
Mon	Tue	Wed	Thu	Fri
6 MANDATORY HEAT ACCLIMATION 5:00PM-8:00PM (UPPERS)	7 MANDATORY HEAT ACCLIMATION 5:00PM-8:00PM (UPPERS)	8 MANDATORY HEAT ACCLIMATION 5:00PM-8:00PM (UPPERS)	9 MANDATORY HEAT ACCLIMATION 5:00PM-8:00PM (UPPERS) * Flyers Field	10 MANDATORY HEAT ACCLIMATION 5:00PM-8:00PM (UPPERS) *Flyers Field
13 TRAINING CAMP @ BHS 8:00AM – PLAYERS REPORT 8:50- DRESSED and TAPED FOR MEETING 9-11:15 – PRACTICE #1 (FULL) NOON-LUNCH 2:00- LIFT/MEETINGS 3:15-5:30- PRACTICE #2 (FULL)	14 TRAINING CAMP @ BHS 8:00AM – PLAYERS REPORT 8:50- DRESSED and TAPED FOR MEETING 9-11:15 – PRACTICE #1 (FULL) NOON-LUNCH 2:00- LIFT/MEETINGS 3:15-5:30- PRACTICE #2 (FULL)	15 TRAINING CAMP @ BHS 8:00AM – PLAYERS REPORT 8:50- DRESSED and TAPED FOR MEETING 9-11:15 – PRACTICE #1 (FULL) NOON-LUNCH 2:00- LIFT/MEETINGS 3:15-5:30- PRACTICE #2 (FULL)	16 TRAINING CAMP @ BHS 8:00AM – PLAYERS REPORT 8:50- DRESSED and TAPED FOR MEETING 9-11:15 – PRACTICE #1 (FULL) NOON-LUNCH 2:00- LIFT/MEETINGS 3:15-5:30- PRACTICE #2 (FULL)	17 TRAINING CAMP @ BHS 8:00AM – PLAYERS REPORT 8:50- DRESSED and TAPED FOR MEETING 9-11:15 – PRACTICE #1 (Uppers) NOON-LUNCH 2:00- 3:00 – Practice #2 (Helmets)
20 2:50PM-PLAYERS REPORT 2:50-3:30- MEETINGS/LIFT 4:20- DRESSED AND TAPED FOR TEAM MEETING 4:30-6:30PM- PRACTICE (FULL)	21 2:50PM- PLAYERS REPORT 3:00-3:25- TEAM FILM REVIEW 4:15PM – ON-FIELD- PRE PRACTICE 4:30-6:30PM- PRACTICE (FULL) *Mom's Dinner 7:00pm - Puckety Church	22 FIRST DAY OF SCHOOL 2:50PM- PLAYERS REPORT 2:50-3:30- MEETINGS/LIFT 4:20- DRESSED AND TAPED FOR TEAM MEETING 4:30-6:30PM- PRACTICE (FULL)	23 2:50PM- PLAYERS REPORT 3:00-3:25- TEAM FILM REVIEW 4:00-5:15PM- PRACTICE (UPPERS) 5:30PM- DECALS WITH DAD COOKOUT *Dads Cookout 5:30pm at Stadium	24 PLAYERS REPORT 4:45PM 5:45- SPECIALISTS 6:00-SKILLS 6:10 LINEMEN 6:35- OFF FIELD 7:00PM BEAT VALLEY

**Saturday August 18
Scrimmage @ East Allegheny High School**

Players Report 7:00am

Scrimmage 10:00am

Saturday August 25

**Varsity / JV Film/Lift
8am-10am**

Saturday Schedule- Beginning Saturday Aug 25 - 8:00am-10:00am - Varsity Film/Lift - JV Game Report Times- TBA

***Labor Day Practice - Monday Sept 3rd - 8:30am Players Report - 11:00am Players Dismissed**