

CAPE FOOTBALL PRE-GAME SCHEDULE 2023

PLAYOFFS WEEK #1: vs YORK



2:20 PM -TAP & TRAINER

2:30 - 4:40 PM UNIFORMS

2:40 PM O Meetings
QB- Office
OL/ RBs - LOCKER ROOM
WR - Health Room
TE/Hs - Weight Room

2:55 PM D MEETINGS
LBS- Office
DL- Locker Room
DBs- Health room
OLB - Weight Room

3:10 PM TEAM REVIEW – IN THE CAFE

3:25 PM TEAM TIME IN LOCKER ROOM

3:35 PM QBS STRETCH (JORDAN)

3:45 PM KICK / PASS GROUP STRETCH(WALSH)

3:47 PM QB'S TO THE GAME FIELD (JORDAN)

3:56 PM KICK / PASS GROUP (WALSH)

- PUNT
- KO
- PAT

4:00 PM O-LINE STRETCH (NOAH & PETER)

4:05 PM PAT & Go

- HITCH, SLANT, CURL

4:10 PM REST OF SQUAD TO THE FIELD –
TEAM **STATIC** STRETCH (Noah & Peter)

4:20PM DEFENSIVE INDY

4:23 PM PUNT (2 reps)

4:25 PM TEAM OFFENSE (2 PLAYS)

4:27 PM OFFENSIVE INDY

4:30 PM TEAM OFFENSE

4:37 PM PAT

4:50 PM On Field

5:00 PM BEAT YORK!!!

Groups:

QBs: Inman, Mitchell, Foley, Ceroi

KICK/PASS: Tom, Logan, Kian, Ethan, Luke, Danny, Nick, JJ, Alvin, Seamus, Luke N, Luke G, Mason, Colin

REST OF SQUAD: Jake, BG, Tyler, Alex, Wellmen, Foxen, Logan, Charlie, Donny, Luke S, Tucker,

DYNAMIC:

- The Walk
- Knee to chest pull
- Open Hips
- Tin Soldiers
- Lateral Squat
- Crab Walk Push Pull
- High Foot Lunge
- Cariocca
- High Knees
- Butt Kicks