

## Football In Season Practice Structure 2023

WEEKLY AGENDA						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Freshman:</b> Come to the CC: 3:10 Pract Begins at 3:20 Practice Ends at 4:20 (outside unless weather)	<b>Freshman:</b> Come to the CC: 3:10 Pract Begins at 3:20 Practice Ends at 4:20 (outside unless weather)	<b>Freshman:</b> Come to the CC: 3:10 Pract Begins at 3:20 Practice Ends at 4:20 (outside unless weather)	<b>Freshman:</b> Come to the CC: 3:10 Pract Begins at 3:20 Practice Ends at 4:20 (outside unless weather)	<b>Freshman:</b> No morning Practice During the Period will be Weights/Film/Character Ed	<b>Freshman:</b> No Activities this day	
<b>JV and Varsity</b>	<b>JV and Varsity</b>	<b>JV and Varsity</b>	<b>JV and Varsity</b>			
<b>6:00 AM</b> Arrive	<b>6:00 AM</b> Arrive	<b>6:30 AM</b> Arrive	<b>6:50 AM</b> Arrive			
<b>6:20</b> Walk Thru	<b>6:20</b> Walk Thru	<b>6:50</b> Walk Thru	<b>7:10</b> Walk Thru			
<b>6:30</b> Practice Begins	<b>6:30</b> Practice Begins	<b>7:00</b> Practice Begins	<b>7:20</b> Practice Begins	<b>JV and Varsity</b> JV will report to period for weights/film	<b>JV and Varsity</b> JV has no activities this day	
<b>8:30</b> Practice Ends	<b>8:30</b> Practice Ends	<b>8:30</b> Practice Ends	<b>8:30</b> Practice Ends	<b>Varsity</b> Will report at 8 am for walk through & game prep After School TBA determining if its home or away	<b>Varsity</b> Treatment will be at 9 am in Championship Center General Meeting in Film Room at 10 am Film 10:10 - 11:00 Weights and Recovery 11:10-12:15	
<b>8:40</b> Clean Up	<b>8:40</b> Clean Up	<b>8:40</b> Clean Up	<b>8:40</b> Clean Up		<b>12:15</b> Clean Up and Go Home	
<b>9:00</b> Go To 1st Period	<b>9:00</b> Go To 1st Period	<b>9:00</b> Go To 1st Period	<b>9:00</b> Go To 1st Period			
<b>4:15 (After School)</b> Shirt/Short in the indoor	<b>4:15 (After School)</b> Shirt/Short in the indoor	<b>4:15 (After School)</b> Shirt/Short in the film room	<b>4:15 (After School)</b> Shirt/Short in the Weight Room			
<b>JV</b> <b>Varsity</b>	<b>JV</b> <b>Varsity</b>	<b>JV</b> <b>Varsity</b>	<b>Varsity</b>			
<b>4:15</b> Stretch	<b>4:15</b> Stretch	<b>4:15</b> Message and Awards	<b>4:20</b> Weights Begin			
<b>4:20</b> Team Defense      Special Teams	<b>4:20</b> Sprinting	<b>4:30</b> Special Teams      Film	<b>5:00</b> Go Home			
<b>4:30</b> Weights      Film	<b>4:30</b> Team Offense      Special Teams	<b>4:50</b> Weights      Go Home				
<b>5:00</b> Go Home      Go Home	<b>4:40</b> Go Home      Film	<b>5:30</b> Go Home				
	<b>5:05</b> To Weight Room					
	<b>5:10</b> Weights Begin					
	<b>5:55</b> Go Home					
Special Teams      KO/KOR	Special Teams      Punt/Sharks					