

# August 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30.	31. 10:30 to 11:45 – Weight room (linemen after)	1. 10:30 to Noon – Warrior Workout	2.	3. 10:30 to Noon – Warrior Workout (Team Building)	4.	5.
6.	7. BC Day Holiday	8.	9. NFA QB/WR Camp (3:30-7pm) (QBs only)	10.	11.	12.
13.	14. <b>Fall Camp begins</b>  4:30 Sr Meeting (188) 6 to 7:30: practice 1 8 to 9:30: practice 2	15. 4:45-5:30 - Sr Meetings & Film  6 to 7:30 – practice 3 8 to 9:30 – practice 4	16. 4:30 - 5:15 Weights 5:30 - 6:15 - Meetings & Film  6:45-9 - practice 5	17. 4:45 - 5:30 – Sr Meetings & Film  6 to 7:30 – practice 6 8 to 9:30 – practice 7	18. 4:30 - 5:15 Weights 5:30 - 6:15 - Meetings & Film  6:45-9 - practice 8	19.
20.	21.  Depart to California	22.	23.	24.	25.	26.
27.  Return from California	28. 4:30 – 5:30 Weights 5:45 - 6:30 - Meetings & Film 7 to 9pm - practice (no pads)	29. 5:45 - 6:30 - Meetings & Film 7 to 9pm – practice (full pads)	30. 4:30 – 5:30 Weights 5:45 - 6:30 - Meetings & Film 7 to 9pm - practice (helmet & shoulder pads only)	31.  7pm - practice (no pads)	SEPT 1. 4pm - JV scrimmage vs Scappoose (OR)  <b>7:30 - Game vs Scappoose HS (OR)</b>	2.  - Next practice Sept 5 at 3:30 pm at Mercer