

FREDDIES FOOTBALL August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 2-a-Days 7am - Varsity Lift 8am - Practice 10am - Lunch 11am - Practice 1pm - JV Lift	2 7am - INSTALL 8am - Practice 10am - Lunch 11am - practice	3 7am - INSTALL 8am - Practice 10am - Lunch 11am - practice
4	5 2-a-Days 7am - Varsity Lift 8am - Practice 10am - Lunch 11am - Practice 1pm - JV Lift	6 7am - INSTALL 8am - Practice 10am - Lunch 11am - practice	7 Inner Squad Scrimmage 7pm COW BINGO	8 2-a-Days 7am - Varsity Lift 8am - Practice 10am - Lunch 11am - Practice 1pm - JV Lift	9 7am - INSTALL 8am - Practice 10am - Lunch 11am - practice	10 SCRIMMAGE VS. NORTH UNION @ 10am
11	12 2:45 Lift 3:45 Practice	13 3:45 Practice	14 2:45 Lift 3:45 Practice	15 SCRIMMAGE @ NEWARK CATHOLIC 6pm	16 3:45 Practice	17 8am Film
18	19 2:45 LIFT 3:30 FILM 4:30 Start	20 2:45 Study Tables 3:45 Start	21 2:45 lift 3:45 Practice	22 2:45 Study Tables 3:45 Start	23 JAMBOREE HOME VS. MAPLETON	24 8am Film
25	26 2:45 LIFT 3:30 FILM 4:30 Start	27 2:45 Study Tables 3:45 Start	28 2:45 lift 3:45 Practice	29 2:45 Study Tables 3:45 Start	30 GAME 1 VS CLEARFORK	31 8am Film