

August 2018

Practice Sites: Grades 3/4 and Grades 5/6 Middle School Field Grades 7/8 High School Pit **Times:** 6-8 PM M-F & 8-10 AM Sat.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13 Practice #1: Helmets Only Skills/Conditioning	14 Practice #2: Helmets & Shoulder Pads	15 Practice #3: Helmets & Shoulder Pads	16 Practice #4: Full Pads	17 Practice #5: Full Pads	18 Practice #6: <u>3/4 & 5/6:</u> Helmets Only Skills/Conditioning
	20 Practice #7: Helmets Only Skills/Conditioning	21 Practice #8: Helmets & Shoulder Pads	22 Practice #9: Full Pads	23 Practice #10: Full Pads <u>3/4: Helmets & Shoulder Pads</u>	24 Practice #11: Helmets & Shoulder Pads <u>3/4: Full Pads</u>	25 Practice #12: <u>3/4 & 5/6:</u> Helmets Only Skills/Conditioning **HS PIT All Teams
26	27 Practice #13: Helmets & Shoulder Pads <u>3/4: Helmets Only</u>	28 Practice #14: Helmets Only	29 Practice #15: Helmets Only <u>3/4: Helmets & Shoulder Pads</u> **Weigh Ins 8PM 3/4 & 5/6 @JJMS	30 Practice #16: Helmets & Shoulder Pads <u>3/4: Full Pads</u>	31 Practice #17: Full Pads <u>3/4: Helmets & Shoulder Pads</u>	

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