




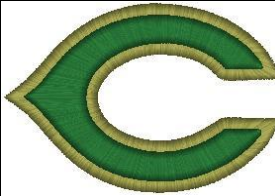
**SUMMER PRACTICE CALENDAR ~ SEASON 2017**



# FALCON FOOTBALL ~ AUGUST, 2017



<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
THANKS TO ALL OF THE AREA BUSINESSES WHO SUPPORT COX FALCON FOOTBALL:		<u>1</u> <b>TWO-A-DAYS</b> (1:00–3:30 & 4:30–6:30 P.M.)	<u>2</u> <b>LIFTING &amp; CAPTAIN'S PRACTICE</b> <b>(VARSITY ONLY)</b> (1:00–3:30 & 4:30–6:30 P.M.)	<u>3</u> <b>TWO-A-DAYS</b> (1:00–3:30 & 4:30–6:30 P.M.)	<u>4</u> <b>TWO-A-DAYS</b> (1:00–3:30 & 4:30–6:30 P.M.)	<u>5</u> <b>TWO-A-DAYS</b> (9:00–11:00 A.M.) = PRACTICE ~ (12:00–2:00 P.M.) = INTRA-SQUAD SCRIMMAGE
<u>6</u> ACTIVITY BUS RUNS TO COX ARE @ 12:15 BUSES HOME FROM COX LEAVE @ 6:45 P.M.	<u>7</u> <b>TWO-A-DAYS</b> (1:00–3:30 & 4:30–6:30 P.M.)	<u>8</u> <b>TWO-A-DAYS</b> (1:00–3:30 & 4:30–6:30 P.M.)	<u>9</u> <b>TWO-A-DAYS</b> (1:00–3:30 & 4:30–6:30 P.M.)	<u>10</u> <b>TWO-A-DAYS</b> (1:00–3:30 & 4:30–6:30 P.M.) LIFTING & WALK THROUGH	<u>11</u> SCRIMMAGE: KINGS FORK @ COX JV @ 5 ~ VARSITY @ 6	<u>12</u> A.M. PRACTICE VARSITY ONLY (9 – NOON) LIFTING & FILM
<u>13</u> NO WORKOUTS	<u>14</u> <b>TWO-A-DAYS</b> (1:00–3:30 & 4:30–6:30 P.M.)	<u>15</u> <b>TWO-A-DAYS</b> (1:00–3:30 & 4:30–6:30 P.M.)	<u>16</u> <b>TWO-A-DAYS</b> (1:00–3:30 & 4:30–6:30 P.M.) LIFTING & WALK THROUGH	<u>17</u> SCRIMMAGE GRASSFIELD @ COX JV @ 5 ~ VARSITY @ 6:30	<u>18</u> SINGLE SESSION PRACTICE (3 – 6 P.M.) VARSITY ONLY LIFTING & FILM <b>NO JV PRACTICE!</b>	<u>19</u> A.M. PRACTICE VARSITY ONLY (9 – NOON)
<u>20</u> ALL ATHLETES MUST HAVE UP TO DATE PHYSICALS BY JULY 27 <sup>TH</sup> !	<u>21</u> P.M. PRACTICE ONLY (3 – 6 P.M.) VARSITY & JV	<u>22</u> P.M. PRACTICE ONLY (3 – 6 P.M.) VARSITY & JV	<u>23</u> P.M. PRACTICE ONLY (3 – 6 P.M.) VARSITY & JV	<u>24</u> P.M. PRACTICE VARSITY ONLY (3 – 6 P.M.) <b>NO JV PRACTICE!</b>	<u>25</u> GAME # 1 COX @ BAYSIDE 7 P.M.	<u>26</u> A.M. PRACTICE VARSITY ONLY (9 – NOON)
<u>27</u> NO WORKOUTS	<u>28</u> P.M. PRACTICE ONLY (3 – 6 P.M.) VARSITY & JV	<u>29</u> P.M. PRACTICE ONLY (3 – 6 P.M.) VARSITY & JV	<u>30</u> P.M. PRACTICE ONLY (3 – 6 P.M.) VARSITY & JV	<u>31</u> WEEK # 2 COX = BYE P.M. PRACTICE (3 – 6 P.M.) VARSITY & JV <b>SCOUT GRANBY</b>		 2865 Lynnhaven Dr #3 Virginia Beach, VA 23451 757-412-4441



**Notes:**

- ✓ Two-a-day practices take place regardless of weather. Athletes who miss practice are penalized game time.
- ✓ All athletes must observe rules regarding proper attire as of 7/28. Gold shorts & green sleeveless T's will be provided and are required for all two-a-day practices.
- ✓ Parents & athletes please download, sign & return a copy of the 2016 Player/Parent Contract (see homepage).