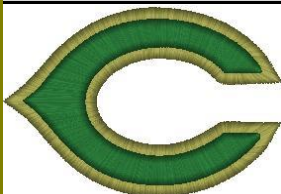


SUMMER PRACTICE CALENDAR ~ SEASON 2018

FALCON FOOTBALL ~ AUGUST, 2018

<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:			1 LIFTING & CAPTAIN'S PRACTICE-ONE SESSION (VARSITY ONLY) (3-7 P.M.)	2 ONE SESSION (3-7 P.M.) MEETINGS-LIFTING-PRACTICE	3 ONE SESSION (3-7 P.M.) MEETINGS-LIFTING-PRACTICE	4 TWO-A-DAYS (9:00-11:00 A.M.) = PRACTICE ~ (12:00-2:00 P.M.) = SCRIMMAGE
5 ACTIVITY BUS RUNS TO COX ARE @ 12:15 BUSES HOME FROM COX LEAVE @ 6:45 P.M.	6 ONE SESSION (3-7 P.M.) MEETINGS-LIFTING-PRACTICE	7 ONE SESSION (3-7 P.M.) MEETINGS-LIFTING-PRACTICE	8 LIFTING & CAPTAIN'S PRACTICE-ONE SESSION (VARSITY ONLY) (3-7 P.M.)	9 ONE SESSION (3-7 P.M.) MEETINGS-LIFTING-WALK-THRU	10 SCRIMMAGE: KINGS FORK @ COX JV @ 5 ~ VARSITY @ 6	11 A.M. PRACTICE (VARSITY ONLY) (9 - NOON) LIFTING & FILM
12 NO WORKOUTS	13 ONE SESSION (3-7 P.M.) MEETINGS-LIFTING-PRACTICE	14 ONE SESSION (3-7 P.M.) MEETINGS-LIFTING-PRACTICE	15 ONE SESSION (3-7 P.M.) MEETINGS-LIFTING-WALK-THRU	16 SCRIMMAGE COX @ GRASSFIELD JV @ 5 ~ VARSITY @ 6:30	17 ONE SESSION (3-7 P.M.) (VARSITY ONLY) MEETINGS-LIFTING-WALK-THRU	18 A.M. PRACTICE (VARSITY ONLY) (9 - NOON)
19 ALL ATHLETES MUST HAVE UP TO DATE PHYSICALS BY JULY 26 TH !	20 P.M. PRACTICE ONLY (3 - 6 P.M.) VARSITY & JV	21 P.M. PRACTICE ONLY (3 - 6 P.M.) VARSITY & JV	22 P.M. PRACTICE ONLY (3 - 6 P.M.) VARSITY & JV	23 P.M. PRACTICE VARSITY ONLY (3 - 6 P.M.) NO JV PRACTICE!	24 GAME # 1 BAYSIDE @ COX 7 P.M.	25 A.M. PRACTICE (VARSITY ONLY) (9 - NOON)
26 NO WORKOUTS	27 P.M. PRACTICE ONLY (3 - 6 P.M.) VARSITY & JV	28 P.M. PRACTICE ONLY (3 - 6 P.M.) VARSITY & JV	29 P.M. PRACTICE ONLY (3 - 6 P.M.) VARSITY & JV	30 WEEK # 2 COX = BYE NO PRACTICE SCOUT GRANBY	31 P.M. PRACTICE ONLY (3 - 6 P.M.) VARSITY & JV	



Notes:

- ✓ Practices take place regardless of weather. Athletes who miss practice are penalized game time.
- ✓ All athletes must observe rules regarding proper attire as of 7/26. Cox Football issued clothes are required for all practices.
- ✓ Parents & athletes please download, sign & return a copy of the 2018 Player/Parent Contract (see homepage).