

**SUMMER PRACTICE CALENDAR ~ SEASON 2017**



# FALCON FOOTBALL ~ JULY, 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:						<sup>1</sup> DR. MORGAN'S @ 8:30!
<sup>2</sup> NO WORKOUTS ~ VHSL DEAD PERIOD (CONDITIONING RESUMES MONDAY JULY 10 <sup>TH</sup> )	<sup>3</sup> NO WORKOUTS ~ VHSL DEAD PERIOD (CONDITIONING RESUMES MONDAY JULY 10 <sup>TH</sup> )	<sup>4</sup> NO WORKOUTS~ <b>HAPPY INDEPENDENCE DAY!</b>	<sup>5</sup> NO PASSING LEAGUE ~ VHSL DEAD PERIOD (PASSING LEAGUE RESUMES NEXT WEDNESDAY)	<sup>6</sup> NO WORKOUTS ~ VHSL DEAD PERIOD (CONDITIONING RESUMES MONDAY JULY 10 <sup>TH</sup> )	<sup>7</sup> NO WORKOUTS ~ VHSL DEAD PERIOD (CONDITIONING RESUMES MONDAY JULY 10 <sup>TH</sup> )	<sup>8</sup> DR. MORGAN'S @ 8:30!
<sup>9</sup> NO WORKOUTS	<sup>10</sup> SUMMER WEIGHT TRAINING & CONDITIONING (3 – 5 P.M.)	<sup>11</sup> SUMMER WEIGHT TRAINING & CONDITIONING (3 – 5 P.M.)	<sup>12</sup> PASSING LEAGUE @ 6 P.M. @ KELLAM HIGH SCHOOL MEET @ COX @ 4:30	<sup>13</sup> SUMMER WEIGHT TRAINING & CONDITIONING (3 – 5 P.M.)	<sup>14</sup> NO WORKOUTS	<sup>15</sup> DR. MORGAN'S @ 8:30!
<sup>16</sup> NO WORKOUTS	<sup>17</sup> SUMMER WEIGHT TRAINING & CONDITIONING (3 – 5 P.M.) EQUIPMENT ISSUE	<sup>18</sup> SUMMER WEIGHT TRAINING & CONDITIONING (3 – 5 P.M.) EQUIPMENT ISSUE	<sup>19</sup> PASSING LEAGUE @ 6 P.M. @ KELLAM HIGH SCHOOL MEET @ COX @ 4:30	<sup>20</sup> SUMMER WEIGHT TRAINING & CONDITIONING (3 – 5 P.M.) EQUIPMENT ISSUE	<sup>21</sup> NO WORKOUTS	<sup>22</sup> DR. MORGAN'S @ 8:30!
<sup>23</sup> ACTIVITY BUS RUNS TO COX ARE @ 12:15  BUSSES HOME FROM COX LEAVE @ 6:45 P.M.	<sup>24</sup> SUMMER WEIGHT TRAINING & CONDITIONING (3 – 5 P.M.) EQUIPMENT ISSUE	<sup>25</sup> SUMMER WEIGHT TRAINING & CONDITIONING (3 – 5 P.M.) EQUIPMENT ISSUE	<sup>26</sup> NO PRACTICE, NO PASSING LEAGUE~ TRYOUTS BEGIN TOMORROW	<sup>27</sup> TWO-A-DAYS BEGIN (1:00–3:30 & 4:30–6:30 P.M.) SNAP RAISE FUNDRAISER	<sup>28</sup> TWO-A-DAYS (1:00–3:30 & 4:30–6:30 P.M.)	<sup>29</sup> TWO-A-DAYS (9:00–11:00 A.M.) = TACKLING ~ (12:00–2:00 P.M.) = STANDARD PRACTICE SNAP RAISE
<sup>30</sup> NO WORKOUTS	<sup>31</sup> TWO-A-DAYS (1:00–3:30 & 4:30–6:30 P.M.)	<b>Notes:</b> <ul style="list-style-type: none"> <li>✓ Beginning Thursday 7/27 attendance is mandatory. See Player/Parent contract on homepage for details (<a href="http://www.coxfootball.com">www.coxfootball.com</a>)</li> <li>✓ Athletes who do not have a physical on file by Wednesday, July 27<sup>th</sup> cannot try out</li> <li>✓ Activity buses will take students to and from practice beginning July 27<sup>th</sup> however, pickups for the early practice won't begin until Friday the 28<sup>th</sup>!</li> </ul>				