

SUMMER PRACTICE CALENDAR ~ SEASON 2017



FALCON FOOTBALL ~ JUNE, 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> LIFTING & CONDITIONING 2:30 - 4:45 <u>PASSING O & D</u>	<u>2</u> NO WORKOUTS	<u>3</u> DR. MORGAN'S @ 8:30
<u>4</u>	<u>5</u> LIFTING & CONDITIONING 2:30 - 4:45 <u>DEFENSE</u>	<u>6</u> LIFTING & CONDITIONING 2:30 - 4:45 <u>OFFENSE</u>	<u>7</u> PASSING LEAGUE @ 6 P.M. @ KELLAM HIGH SCHOOL MEET @ COX @ 4:30	<u>8</u> 7 V 7 VS. SENIORS (2:30 - 3:30) 9th ANNUAL SENIOR SENDOFF COOKOUT 4 P.M. @ GNRC PARK	<u>9</u> NO WORKOUTS	<u>10</u> DR. MORGAN'S @ 8:30
<u>11</u>	<u>12</u> LIFTING & CONDITIONING 2:30 - 4:45 <u>DEFENSE</u> <u>(LAST SPRING WORKOUT)</u>	<u>13</u> EXAMS NO WORKOUTS	<u>14</u> EXAMS PASSING LEAGUE @ 6 P.M. @ KELLAM HIGH SCHOOL MEET @ COX @ 4:30	<u>15</u> EXAMS NO WORKOUTS	<u>16</u> EXAMS LAST DAY OF SCHOOL NO WORKOUTS	<u>17</u> DR. MORGAN'S @ 8:30! <u>GRADUATION @ 5:00 P.M.</u>
<u>18</u> <u>HAPPY FATHER'S DAY!</u>	<u>19</u> COX YOUTH FOOTBALL CAMP (8 a.m.-12:30 p.m.) SUMMER CONDITIONING (3-5 P.M.)	<u>20</u> COX YOUTH FOOTBALL CAMP (8 a.m.-12:30 p.m.) SUMMER CONDITIONING (3-5 P.M.)	<u>21</u> COX YOUTH FOOTBALL CAMP (8 a.m.-12:30 p.m.) PASSING LEAGUE @ 6 P.M. @ KELLAM HIGH SCHOOL	<u>22</u> COX YOUTH FOOTBALL CAMP (8 a.m.-12:30 p.m.) SUMMER CONDITIONING (3-5 P.M.)	<u>23</u> REPORT CARDS MAILED NO WORKOUTS	<u>24</u> DR. MORGAN'S @ 8:30!
<u>25</u>	<u>26</u> SUMMER WEIGHT TRAINING & CONDITIONING (3-5 P.M.) EQUIPMENT ISSUE	<u>27</u> SUMMER WEIGHT TRAINING & CONDITIONING (3-5 P.M.) EQUIPMENT ISSUE	<u>28</u> PASSING LEAGUE @ 6 P.M. @ KELLAM HIGH SCHOOL MEET @ COX @ 4:30	<u>29</u> SUMMER WEIGHT TRAINING & CONDITIONING (3-5 P.M.) EQUIPMENT ISSUE	<u>30</u> NO WORKOUTS	



Notes:

- ✓ Athletes must have updated physicals (after May 1st, 2017) in order to participate in summer conditioning.
- ✓ PARENTS PLEASE JOIN THE EMAIL LIST @ [HTTP://WWW.COXFOOTBALL.COM](http://www.coxfootball.com)
- ✓ Attendance for summer conditioning is strongly suggested. Attendance as of July 27th is mandatory.
- ✓ All returning players are expected to work the youth camp Monday, June 19th – Thursday, June 22nd