

SPRING PRACTICE CALENDAR ~ SEASON 2018



FALCON FOOTBALL ~ APRIL, 2018



<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<u>1</u> HAPPY EASTER SUNDAY	<u>2</u> SPRING BREAK- NO SCHOOL- WORK OUT ON YOUR OWN	<u>3</u> SPRING BREAK- NO SCHOOL- WORK OUT ON YOUR OWN	<u>4</u> SPRING BREAK- NO SCHOOL WORK OUT ON YOUR OWN	<u>5</u> SPRING BREAK- NO SCHOOL WORK OUT ON YOUR OWN	<u>6</u> SPRING BREAK- NO SCHOOL WORK OUT ON YOUR OWN	<u>7</u> DR. MORGAN'S @ 8:30!
<u>8</u>	<u>9</u> LIFTING & CONDITIONING 2:30 - 4:45 <u>DEFENSE</u>	<u>10</u> LIFTING & CONDITIONING 2:30 - 4:45 <u>OFFENSE</u>	<u>11</u> NO WORKOUTS	<u>12</u> LIFTING & CONDITIONING 2:30 - 4:45 <u>PASSING O & D</u>	<u>13</u> NO WORKOUTS	<u>14</u> DR. MORGAN'S @ 8:30!
<u>15</u>	<u>16</u> LIFTING & CONDITIONING 2:30 - 4:45 <u>DEFENSE</u>	<u>17</u> LIFTING & CONDITIONING 2:30 - 4:45 <u>OFFENSE</u> <u>GRADE CHECKS</u>	<u>18</u> NO WORKOUTS <u>GRADE CHECKS</u>	<u>19</u> LIFTING & CONDITIONING 2:30 - 4:45 <u>PASSING O & D</u> <u>GRADE CHECKS</u>	<u>20</u> NO WORKOUTS	<u>21</u> DR. MORGAN'S @ 8:30!
<u>22</u>	<u>23</u> LIFTING & CONDITIONING 2:30 - 4:45 <u>DEFENSE</u>	<u>24</u> LIFTING & CONDITIONING 2:30 - 4:45 <u>OFFENSE</u>	<u>25</u> NO WORKOUTS 3 rd NINE WEEKS REPORT CARDS ISSUED	<u>26</u> LIFTING & CONDITIONING 2:30 - 4:45 <u>PASSING O & D</u>	<u>27</u> NO WORKOUTS	<u>28</u> DR. MORGAN'S @ 8:30!
<u>29</u>	<u>30</u> LIFTING & CONDITIONING 2:30 - 4:45 <u>DEFENSE</u>	THANKS TO ALL OF THE AREA BUSINESSES WHO SUPPORT COX FALCON FOOTBALL:				

Notes:

- ✓ 3rd 9-WEEKS REPORT CARDS ISSUED WEDNESDAY APRIL 25TH. 2.0 G.P.A. REQUIRED TO PARTICIPATE
- ✓ Please secure golfers, sponsors & donors for our Cox Football Alumni Golf Tournament being held on Friday, May 18th at Cypress Point Country Club (1 p.m. shotgun start).
- ✓ Attendance at workouts is critical... Please come to as many workouts as possible.