

**SPRING PRACTICE CALENDAR ~ SEASON 2018**



***FALCON FOOTBALL ~ APRIL, 2019***



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



**Notes:**

- ✓ **3<sup>rd</sup> 9-WEEKS REPORT CARDS ISSUED MONDAY, APRIL 8<sup>TH</sup>. 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 17<sup>th</sup> at Cypress Point Country Club (1 p.m. shotgun start).**
- ✓ **Attendance at workouts is critical... Please come to as many workouts as possible.**
- ✓ **Passing league at Kellam H.S. begins mid-May on Wednesday night's from 6-8... please plan accordingly,,,**