

SPRING PRACTICE CALENDAR ~ SEASON 2020



FALCON FOOTBALL ~ FEBRUARY 2020



<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 NO WORKOUTS
2 NO WORKOUTS	3 LIFTING & CONDITIONING 2:30 - 4:30	4 NO WORKOUTS	5 LIFTING & CONDITIONING 2:30 - 4:30	6 NO WORKOUTS	7 NO WORKOUTS	8 NO WORKOUTS
9 NO WORKOUTS	10 LIFTING & CONDITIONING 2:30 - 4:30	11 NO WORKOUTS	12 LIFTING & CONDITIONING 2:30 - 4:45	13 NO WORKOUTS	14 NO WORKOUTS	15 NO WORKOUTS
16 NO WORKOUTS	17 PRESIDENTS DAY SCHOOL CLOSED <u>NO WORKOUTS</u>	18 TESTING & BENCHMARKS 2:30 - 4:45	19 TESTING & BENCHMARKS 2:30 - 4:45	20 NO WORKOUTS	21 NO WORKOUTS	22 NO WORKOUTS
23 NO WORKOUTS	24 NO WORKOUTS ~ VHSL DEAD PERIOD WORKOUTS RESUME MONDAY MARCH 2 ND	25 NO WORKOUTS ~ VHSL DEAD PERIOD WORKOUTS RESUME MONDAY MARCH 2 ND	26 NO WORKOUTS ~ VHSL DEAD PERIOD WORKOUTS RESUME MONDAY MARCH 2 ND	27 NO WORKOUTS ~ VHSL DEAD PERIOD WORKOUTS RESUME MONDAY MARCH 2 ND	28 NO WORKOUTS ~ VHSL DEAD PERIOD WORKOUTS RESUME MONDAY MARCH 2 ND	29 NO WORKOUTS



Notes:

- ✓ PLAYERS SHOULD MEET IN LOCKER ROOM IMMEDIATELY AFTER SCHOOL AND SHARE A LOCKER WITH A TEAMMATE UNTIL THE SPRING SPORTS SEASON IS OVER (WEAR SHORTS, T-SHIRT & TENNIS SHOES)
- ✓ ELIGIBILITY FOR FOOTBALL IS BASED ON YOUR 2ND SEMESTER GRADES (2.0 G.P.A. REQUIRED TO TRY OUT IN AUGUST) 2.0 G.P.A. REQUIRED FOR 1ST SEMESTER TO WORK OUT THIS WINTER!