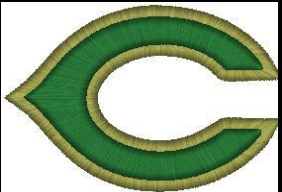


**SUMMER PRACTICE CALENDAR ~ SEASON 2018**



# FALCON FOOTBALL ~ JULY, 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> NO WORKOUTS	<u>2</u> NO WORKOUTS ~ VHSL DEAD PERIOD (CONDITIONING RESUMES MONDAY JULY 9 <sup>TH</sup> )	<u>3</u> NO WORKOUTS ~ VHSL DEAD PERIOD (CONDITIONING RESUMES MONDAY JULY 9 <sup>TH</sup> )	<u>4</u> NO WORKOUTS~ <b>HAPPY INDEPENDENCE DAY!</b>	<u>5</u> NO WORKOUTS ~ VHSL DEAD PERIOD (CONDITIONING RESUMES MONDAY JULY 9 <sup>TH</sup> )	<u>6</u> NO WORKOUTS ~ VHSL DEAD PERIOD (CONDITIONING RESUMES MONDAY JULY 9 <sup>TH</sup> )	<u>7</u> DR. MORGAN'S @ 8:30!
<u>8</u> NO WORKOUTS	<u>9</u> SUMMER WEIGHT TRAINING & CONDITIONING (3 – 5 P.M.) EQUIPMENT ISSUE	<u>10</u> SUMMER WEIGHT TRAINING & CONDITIONING (3 – 5 P.M.) EQUIPMENT ISSUE	<u>11</u> PASSING LEAGUE @ 6 P.M. @ KELLAM HIGH SCHOOL MEET @ COX @ 4:30	<u>12</u> SUMMER WEIGHT TRAINING & CONDITIONING (3 – 5 P.M.) EQUIPMENT ISSUE	<u>13</u> NO WORKOUTS	<u>14</u> DR. MORGAN'S @ 8:30!
<u>15</u> NO WORKOUTS	<u>16</u> SUMMER WEIGHT TRAINING & CONDITIONING (3 – 5 P.M.) EQUIPMENT ISSUE	<u>17</u> SUMMER WEIGHT TRAINING & CONDITIONING (3 – 5 P.M.) EQUIPMENT ISSUE	<u>18</u> PASSING LEAGUE @ 6 P.M. @ KELLAM HIGH SCHOOL MEET @ COX @ 4:30	<u>19</u> SUMMER WEIGHT TRAINING & CONDITIONING (3 – 5 P.M.) EQUIPMENT ISSUE	<u>20</u> NO WORKOUTS	<u>21</u> DR. MORGAN'S @ 8:30!
<u>22</u> ACTIVITY BUS RUNS TO COX ARE @ 12:15  BUSSES HOME FROM COX LEAVE @ 6:45 P.M.	<u>23</u> NO WORKOUTS: PREPARE FOR THE START OF PRACTICE ON 7/26	<u>24</u> NO WORKOUTS: PREPARE FOR THE START OF PRACTICE ON 7/26	<u>25</u> NO PRACTICE, NO PASSING LEAGUE~ TRYOUTS BEGIN TOMORROW	<u>26</u> <b>MANDATORY PRACTICE BEGINS</b> ONE SESSION (3-7 P.M.) MEETINGS-LIFTING- PRACTICE	<u>27</u> <b>ONE SESSION</b> (3-7 P.M.) MEETINGS-LIFTING- PRACTICE	<u>28</u> <b>TWO-A-DAYS</b> (9:00–11:00 A.M. & (12:00–2:00 P.M.) <b>MANDATORY PRACTICE</b>
<u>29</u> NO WORKOUTS	<u>30</u> <b>ONE SESSION</b> (3-7 P.M.) MEETINGS-LIFTING- PRACTICE	<u>31</u> <b>ONE SESSION</b> (3-7 P.M.) MEETINGS-LIFTING- PRACTICE	THANKS TO ALL OF THE AREA BUSINESSES WHO SUPPORT COX FALCON FOOTBALL:			



**Notes:**

- ✓ Beginning Thursday 7/26 attendance is mandatory. See Player/Parent contract on homepage for details ([www.coxfootball.com](http://www.coxfootball.com))
- ✓ Athletes who do not have a physical on file by Wednesday, July 25<sup>th</sup> cannot try out
- ✓ Activity buses will take students to and from practice beginning July 26<sup>th</sup> however, pickups won't begin until Friday the 27<sup>th</sup>!