

SUMMER PRACTICE CALENDAR ~ SEASON 2018



FALCON FOOTBALL ~ JUNE, 2018

<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> NO WORKOUTS	<u>2</u> DR. MORGAN'S @ 8:30
<u>3</u>	<u>4</u> LIFTING & CONDITIONING 2:30 - 4:45 <u>DEFENSE</u>	<u>5</u> LIFTING & CONDITIONING 2:30 - 4:45 <u>OFFENSE</u>	<u>6</u> PASSING LEAGUE @ 6 P.M. @ KELLAM HIGH SCHOOL MEET @ COX @ 4:30	<u>7</u> 7 V 7 RETURNERS VS. DEPARTING SENIORS (2:30 - 4:00) STADIUM FIELD	<u>8</u> NO WORKOUTS	<u>9</u> VOLUNTEER OPPORTUNITY @ CHIX BEACH 5K – SEE DR. MORGAN FOR DETAILS
<u>10</u>	<u>11</u> NO WORKOUTS	<u>12</u> EXAMS NO WORKOUTS	<u>13</u> EXAMS PASSING LEAGUE @ 6 P.M. @ KELLAM HIGH SCHOOL MEET @ COX @ 4:30	<u>14</u> EXAMS NO WORKOUTS	<u>15</u> EXAMS LAST DAY OF SCHOOL NO WORKOUTS	<u>16</u> DR. MORGAN'S @ 8:30! <u>GRADUATION @ 5:00 P.M.</u>
<u>17</u> <u>HAPPY FATHER'S DAY!</u>	<u>18</u> COX YOUTH FOOTBAL CAMP (8 a.m.–12:30 p.m.) SUMMER CONDITIONING (3-5 P.M.)	<u>19</u> COX YOUTH FOOTBAL CAMP (8 a.m.–12:30 p.m.) SUMMER CONDITIONING (3-5 P.M.)	<u>20</u> COX YOUTH FOOTBAL CAMP (8 a.m.–12:30 p.m.) PASSING LEAGUE @ 6 P.M. @ KELLAM HIGH SCHOOL	<u>21</u> COX YOUTH FOOTBAL CAMP (8 a.m.–12:30 p.m.) SUMMER CONDITIONING (3-5 P.M.)	<u>22</u> REPORT CARDS MAILED NO WORKOUTS	<u>23</u> DR. MORGAN'S @ 8:30!
<u>24</u>	<u>25</u> SUMMER WEIGHT TRAINING & CONDITIONING (3-5 P.M.) EQUIPMENT ISSUE	<u>26</u> SUMMER WEIGHT TRAINING & CONDITIONING (3-5 P.M.) EQUIPMENT ISSUE	<u>27</u> PASSING LEAGUE @ 6 P.M. @ KELLAM HIGH SCHOOL MEET @ COX @ 4:30	<u>28</u> SUMMER WEIGHT TRAINING & CONDITIONING (3-5 P.M.) EQUIPMENT ISSUE	<u>29</u> NO WORKOUTS	<u>30</u>



- Notes:**
- ✓ Athletes must have updated physicals (after May 1st, 2018) 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 26th is mandatory.
 - ✓ All returning players are expected to work the youth camp Monday, June 18th – Thursday, June 21st