


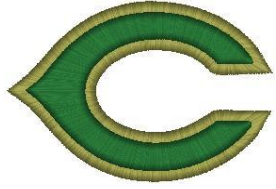


**SPRING PRACTICE CALENDAR ~ SEASON 2018**



**FALCON FOOTBALL ~ MARCH, 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> LIFTING & CONDITIONING BEGINS 2:45 - 4:45	<u>2</u> NO WORKOUTS PROGRESS REPORTS ISSUED	<u>3</u> DR. MORGAN'S @ 8:30!
<u>4</u>	<u>5</u> LIFTING & CONDITIONING 2:45 - 4:45 <u>DEFENSE</u>	<u>6</u> LIFTING & CONDITIONING 2:45 - 4:45 <u>OFFENSE</u>	<u>7</u> NO WORKOUTS	<u>8</u> LIFTING & CONDITIONING 2:45 - 4:45 <u>PASSING O &amp; D</u>	<u>9</u> NO WORKOUTS	<u>10</u> DR. MORGAN'S @ 8:30!
<u>11</u>	<u>12</u> LIFTING & CONDITIONING 2:45 - 4:45 <u>DEFENSE</u>	<u>13</u> LIFTING & CONDITIONING 2:45 - 4:45 <u>OFFENSE</u>	<u>14</u> NO WORKOUTS	<u>15</u> LIFTING & CONDITIONING 2:45 - 4:45 <u>PASSING O &amp; D</u>	<u>16</u> NO WORKOUTS	<u>17</u> DR. MORGAN'S @ 8:30! <b>HAPPY ST. PATRICK'S DAY!</b>
<u>18</u>	<u>19</u> LIFTING & CONDITIONING 2:45 - 4:45 <u>DEFENSE</u>	<u>20</u> LIFTING & CONDITIONING 2:45 - 4:45 <u>OFFENSE</u>	<u>21</u> NO WORKOUTS	<u>22</u> LIFTING & CONDITIONING 2:45 - 4:45 <u>PASSING O &amp; D</u>	<u>23</u> NO WORKOUTS	<u>24</u> DR. MORGAN'S @ 8:30!
<u>25</u>	<u>26</u> LIFTING & CONDITIONING 2:45 - 4:45 <u>DEFENSE</u>	<u>27</u> LIFTING & CONDITIONING 2:45 - 4:45 <u>OFFENSE</u>	<u>28</u> NO WORKOUTS	<u>29</u> LIFTING & CONDITIONING 2:45 - 4:45 <u>PASSING O &amp; D</u>	<u>30</u> NO WORKOUTS	<u>31</u>



**Notes:**

- ✓ **THE SCHOOL DAY IS EXTENDED THROUGH MAY SO PRACTICE DOES NOT BEGIN UNTIL 2:45**
- ✓ **PLAYERS MUST HAVE A 1<sup>ST</sup> SEMESTER GPA OF 2.0 OR BETTER TO BE ELIGIBLE FOR WORKOUTS**
- ✓ **3<sup>RD</sup> 9-WEEKS PROGRESS REPORTS ISSUED FRIDAY, MARCH 2<sup>ND</sup>**
- ✓ **DON'T FORGET ABOUT DR. MORGAN'S SATURDAY MORNING CLASS (8:30-10:30 @ CHIX BEACH GYM)**