

SPRING PRACTICE CALENDAR ~ SEASON 2018



FALCON FOOTBALL ~ MARCH, 2019



<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 PROGRESS REPORTS ISSUED – PLAYERS MUST BRING A COPY OF PROGRESS REPORT TO WOKOUTS ON 3/5/2019	² DR. MORGAN'S @ 8:30!
³ NO WORKOUTS	⁴ NO WORKOUTS	⁵ LIFTING & CONDITIONING 2:45 - 4:45 <u>OFFENSE</u>	⁶ NO WORKOUTS	⁷ LIFTING & CONDITIONING 2:45 - 4:45 <u>DEFENSE</u>	⁸ NO WORKOUTS	⁹ DR. MORGAN'S @ 8:30!
¹⁰ NO WORKOUTS	¹¹ LIFTING & CONDITIONING 2:45 - 4:45 <u>OFFENSE</u>	¹² LIFTING & CONDITIONING 2:45 - 4:45 <u>DEFENSE</u>	¹³ NO WORKOUTS	¹⁴ LIFTING & CONDITIONING 2:45 - 4:45 <u>PASSING O & D</u>	¹⁵ NO WORKOUTS	¹⁶ DR. MORGAN'S @ 8:30!
¹⁷ NO WORKOUTS <u>HAPPY ST. PATRICK'S DAY!</u>	¹⁸ LIFTING & CONDITIONING 2:45 - 4:45 <u>OFFENSE</u>	¹⁹ LIFTING & CONDITIONING 2:45 - 4:45 <u>DEFENSE</u>	²⁰ NO WORKOUTS	²¹ LIFTING & CONDITIONING 2:45 - 4:45 <u>PASSING O & D</u>	²² NO WORKOUTS	²³ DR. MORGAN'S @ 8:30!
²⁴ NO WORKOUTS	²⁵ LIFTING & CONDITIONING 2:45 - 4:45 <u>OFFENSE</u>	²⁶ LIFTING & CONDITIONING 2:45 - 4:45 <u>DEFENSE</u>	²⁷ NO WORKOUTS	²⁸ LIFTING & CONDITIONING 2:45 - 4:45 <u>PASSING O & D</u>	²⁹ NO WORKOUTS STAFF DAY NO SCHOOL FOR STUDENTS	³⁰ DR. MORGAN'S @ 8:30!
³¹ NO WORKOUTS	Notes: ✓ PLAYERS MUST BRING A COPY OF 3RD NINE WEEKS PROGRESS REPORT TO WOROUTS ON 3/5/2019 ✓ PLAYERS MUSTH HAVE A 3RD NINE WEEKS GPA OF 2.0 OR BETTER TO BE ELIGIBLE FOR WORKOUTS ✓ ALL PLAYERS WILL HAVE SIX WEEKS TO MEET THEIR OBLIGATIONS FOR OUR ANNUAL GOLF TOURNAMENT FUNDRAISER. THOSE WHO DO NOT PARTICIPATE OR PROVIDE ALTERNATIVE PAYMENT WILL BE DISMISSED FROM WORKOUTS UNTIL THEIR OBLIGATION IS MET					