

SPRING PRACTICE CALENDAR ~ SEASON 2020



FALCON FOOTBALL ~ MARCH 2020



| <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> LIFTING & CONDITIONING 2:45 - 4:45 <u>OFFENSE</u> | <u>3</u> STAFF DAY NO SCHOOL NO WORKOUTS | <u>4</u> NO WORKOUTS 3 rd 9 WEEKS PROGRESS REPORTS ISSUED | <u>5</u> LIFTING & CONDITIONING 2:45 - 4:45 <u>DEFENSE</u> | <u>6</u> NO WORKOUTS | <u>7</u> NO WORKOUTS |
| <u>8</u> NO WORKOUTS | <u>9</u> LIFTING & CONDITIONING 2:45 - 4:45 <u>OFFENSE</u> | <u>10</u> LIFTING & CONDITIONING 2:45 - 4:45 <u>DEFENSE</u> | <u>11</u> NO WORKOUTS | <u>12</u> LIFTING & CONDITIONING 2:45 - 4:45 <u>PASSING O & D</u> | <u>13</u> NO WORKOUTS | <u>14</u> NO WORKOUTS! |
| <u>15</u> NO WORKOUTS | <u>16</u> LIFTING & CONDITIONING 2:45 - 4:45 <u>OFFENSE</u> | <u>17</u> LIFTING & CONDITIONING 2:45 - 4:45 <u>DEFENSE</u> <u>HAPPY ST. PATRICK'S DAY!</u> | <u>18</u> NO WORKOUTS | <u>19</u> LIFTING & CONDITIONING 2:45 - 4:45 <u>PASSING O & D</u> | <u>20</u> NO WORKOUTS | <u>21</u> NO WORKOUTS |
| <u>22</u> NO WORKOUTS | <u>23</u> LIFTING & CONDITIONING 2:45 - 4:45 <u>OFFENSE</u> | <u>24</u> LIFTING & CONDITIONING 2:45 - 4:45 <u>DEFENSE</u> | <u>25</u> NO WORKOUTS | <u>26</u> LIFTING & CONDITIONING 2:45 - 4:45 <u>PASSING O & D</u> | <u>27</u> NO WORKOUTS 3 rd GRADING PERIOD ENDS | <u>28</u> NO WORKOUTS |
| <u>29</u> NO WORKOUTS | <u>30</u> LIFTING & CONDITIONING 2:45 - 4:45 <u>OFFENSE</u> | <u>31</u> LIFTING & CONDITIONING 2:45 - 4:45 <u>DEFENSE</u> | THANKS TO ALL OF THE AREA BUSINESSES WHO SUPPORT COX FALCON FOOTBALL: |  |  |  |



Notes:

- ✓ PLAYERS WISHING TO MAKE AN IMPACT SHOULD ATTEND AS MANY WORKOUTS AS POSSIBLE.
- ✓ ALL PLAYERS WILL HAVE SIX WEEKS TO MEET THEIR OBLIGATIONS FOR OUR ANNUAL GOLF TOURNAMENT FUNDRAISER BEING HELD ON MAY 15TH. THOSE WHO DO NOT PARTICIPATE BY SECURING GOLFERS, SPONSORS, OR PROVIDING A RAFFLE ITEM WORTH \$25 OR MORE WILL BE OBLIGATED TO PAY \$50 TO COVER THE COST OF THEIR SPIRIT-WEAR.