

**SPRING PRACTICE CALENDAR ~ SEASON 2018**



# FALCON FOOTBALL ~ MAY, 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 2:30 - 4:45 <u>OFFENSE</u>	<u>2</u> NO WORKOUTS	<u>3</u> LIFTING & CONDITIONING 2:30 - 4:45 <u>PASSING O &amp; D</u>	<u>4</u> NO WORKOUTS	<u>5</u> DR. MORGAN'S @ 8:30
<u>6</u>	<u>7</u> LIFTING & CONDITIONING 2:30 - 4:45 <u>DEFENSE</u>	<u>8</u> LIFTING & CONDITIONING 2:30 - 4:45 <u>OFFENSE</u>	<u>9</u> NO WORKOUTS	<u>10</u> LIFTING & CONDITIONING 2:30 - 4:45 <u>PASSING O &amp; D</u>	<u>11</u> NO WORKOUTS PROGRESS REPORTS ISSUED	<u>12</u> DR. MORGAN'S @ 8:30
<u>13</u> <u>HAPPY MOTHER'S DAY!</u>	<u>14</u> LIFTING & CONDITIONING 2:30 - 4:45 <u>DEFENSE</u>	<u>15</u> LIFTING & CONDITIONING 2:30 - 4:45 <u>OFFENSE</u>	<u>16</u> PASSING LEAGUE @ 6 P.M. @ KELLAM HIGH SCHOOL MEET @ COX @ 4:30	<u>17</u> LIFTING & CONDITIONING 2:30 - 4:45 <u>PASSING O &amp; D</u> BEGIN SPRING TESTING (LEG PRESS)	<u>18</u> NO WORKOUTS COX FOOTBALL ALUMNI GOLF TOURNAMENT, 1 PM @ CYPRESS POINT	<u>19</u> DR. MORGAN'S @ 8:30
<u>20</u>	<u>21</u> SPRING TESTING 2:30 - 4:45 (FORTY & VERTICAL)	<u>22</u> SPRING TESTING 2:30 - 4:45 (PWR. CLEAN & BENCH MAX)	<u>23</u> PHYSICALS @ 2:30 - \$20 CASH ONLY PASSING LEAGUE @ 6 P.M. @ KELLAM HIGH SCHOOL	<u>24</u> SPRING TESTING 2:30 - 4:45 (SQUAT & BENCH REPS @ 185 lbs.)	<u>25</u> NO WORKOUTS	<u>26</u> DR. MORGAN'S @ 8:30
<u>27</u>	<u>28</u> MEMORIAL DAY ~ NO SCHOOL NO WORKOUTS	<u>29</u> LIFTING & CONDITIONING 2:30 - 4:45 <u>OFFENSE</u>	<u>30</u> PASSING LEAGUE @ 6 P.M. @ KELLAM HIGH SCHOOL MEET @ COX @ 4:30	<u>31</u> MANDATORY TEAM MEETING & CAPTAIN VOTE @ 2:30 <u>PASSING O &amp; D</u>		

**NOTES:**

- ✓ ATHLETIC PHYSICALS WILL BE OFFERED WED. MAY, 23<sup>RD</sup> @ COX @ 2:30 - \$20 CASH ONLY. DO NOT MISS THIS OPPORTUNITY!!! SEE A COACH FOR PHYSICAL FORM OR PICK ONE UP IN THE MAIN OFFICE OR ONLINE AT: <http://sbo.nn.k12.va.us/athletics/documents/VHSLphysical.pdf>
- ✓ PARENTS PLEASE JOIN THE EMAIL LIST @ [HTTP://WWW.COXFOOTBALL.COM](http://www.coxfootball.com)
- ✓ 4<sup>TH</sup> NINE-WEEKS PROGRESS REPORTS ISSUED FRIDAY MAY 11TH

