

## In-Season Weekly Schedule

**MON**

**Varsity**

Lift (25) – Defensive Staff  
Game plan into (25) – Varsity Staff

**JV / SO**

Team Offense (25) – Offensive Staff  
Lift (25) – JV / SO Staff

**Duration**

**Segment**

(10) 1 – 2  
(5) 3  
(20) 4 – 7  
(20) 8 – 11  
(20) 12 – 15  
(10) 16 – 17  
(25)  
(20)

**Time**

**Description**

4:00 – 4:10 Stretch  
4:10 – 4:15 Xtra Pt / FG  
4:15 – 4:35 Ind / Pods  
4:35 – 4:55 Hulls  
4:55 – 5:15 Team  
5:15 – 5:25 Special Teams  
5:25 – 5:50 Shower / Dress  
5:50 – 6:10 Position Meeting

**TUE**

**Varsity**

Lift (25) – Offensive Staff  
Switch (25) – Varsity Staff

**JV / SO**

Team Defense (25) – Defensive Staff  
Lift (25) – JV / SO Staff

**Duration**

**Segment**

(10) 1 – 2  
(5) 3  
(20) 4 – 7  
(20) 8 – 11  
(20) 12 – 15  
(10) 16 – 17  
(25)  
(20)

**Time**

**Description**

4:00 – 4:10 Stretch  
4:10 – 4:15 Xtra Pt / FG  
4:15 – 4:35 Ind / Pods  
4:35 – 4:55 Hulls  
4:55 – 5:15 Team  
5:15 – 5:25 Special Teams  
5:25 – 5:50 Shower / Dress  
5:50 – 6:10 Position Meeting

**WED**

**Varsity**

Special Teams (50) – Varsity Staff

**JV / SO @ Don Floyd**

Special Teams (25) – JV / SO Staff  
Team (25) – JV / SO Staff

**Duration**

**Segment**

(10) 1 – 2  
(10) 3 – 4  
(10) 5 – 6  
(15) 7 – 9  
(20) 10 – 14  
(25)  
(20)

**Time**

**Description**

4:00 – 4:10 Stretch  
4:10 – 4:20 Xtra Pt / FG  
4:20 – 4:30 Ind / Pods  
4:30 – 4:45 Hulls  
4:45 – 5:05 Team  
5:05 – 5:30 Shower / Dress  
5:30 – 5:50 Position Meeting

**THU**

**Varsity**

Specialty Script (25) – Varsity Staff  
Switch (25) – Varsity Staff

**JV / SO**

Game Prep – JV / SO Staff

**FRI**

**Varsity**

Load / Check Equipment (20)  
Off / Def Group Meeting (20)  
Team Meeting (10)

**JV / SO**

Lift (25) – JV / SO Staff  
Film Review – JV / SO Staff

We will dismiss all JV / SO players from practice after individual / pods period each afternoon. Only those designated will stay for the entire practice with the varsity team. Those designated players will serve as scout team members and will suit up and travel with the varsity team on game day.

## **Freshman In-Season Weekly Schedule**

### **Monday**

6:45 Report to Field House  
7:15 – 9:10 Practice  
9:15 Return to Field House  
9:35 Dismissed to 2<sup>nd</sup> Period  
4:00 – 4:30 Lift

### **Tuesday**

6:45 Report to Field House  
7:15 – 9:10 Practice  
9:15 Return to Field House  
9:35 Dismissed to 2<sup>nd</sup> Period  
4:00 – 4:30 Lift

### **Wednesday**

6:45 Report to Field House  
7:15 – 9:10 Practice  
9:15 Return to Field House  
9:35 Dismissed to 2<sup>nd</sup> Period

### **Thursday**

Game Day – Coach Oldham will coordinate itinerary

### **Friday**

Lift