

# 7th and 8th grade Practice Schedules

Once games begin-

## 7th Grade-

**The first game is on Wednesday, Sept 7 (other games on Monday)**

Monday- Locker room opens at 6:45 on Field at 7:00 (Game Day)

Tuesday- Locker room opens at 8:00 on Field at 8:15 (Coaches mtg 7:30)

Wednesday-Friday- Locker room opens at 6:45 on Field at 7:00

## 8th Grade-

Monday- Off-season- weight room 3:25-3:50

Football- Pregame on field 3:25 (STH) Walkthrough EOP 4:00

Tuesday- Off Season- on track

Football- Game Day Uniforms, roll call

Wednesday- Off-season- weight room 3:25-3:55

Football- Weight room 3:25- 4:25 On field (ST) 4:30-5:00

Coaches Meeting 5:10-5:30

Thursday- Off Season- on track 3:25-3:50

Football- Defense/Specials Full pads on field 3:30 EOP 5:00

Friday- Off Season- weight room 3:25-3:50

Football- Offense/Specials Full pads on field 3:30 EOP 5:00