

**FIRST WEEK
PRACTICE SCHEDULE**

<p>Monday (T-shirts, shorts, helmets) August 3, 2015 (2 a day practice)</p> <p>6:30-8:00 a.m. 1 ½ hours weight room/conditioning 3:30-3:55 p.m. ½ hours classroom "We are Holy Cross!" 4:00-6:30 p.m. 2 ½ hours practice on field</p>
<p>Tuesday (T-shirts, shorts, helmets) August 4, 2015 (one a day practice)</p> <p>3:30-3:55 p.m. ½ hour classroom instruction 4:00-6:30 p.m. 2 ½ hour on field practice 6:30-7:00 p.m. ½ hours weight room</p>
<p>Wednesday (T-shirts, shorts, helmets) August 5, 2015 (3 hours on field practice)</p> <p>6:30-8:00 a.m. 1 ½ hours weight room/conditioning 3:30-3:55 p.m. ½ hours classroom 4:00-6:30 p.m. 2 ½ hours practice on field</p>
<p>Thursday (1st day pads) August 6, 2015 (5 hours on field practice)</p> <p>3:30-4:00 p.m. 1/2 hour classroom instruction 4:15-5:45 p.m. 1 1/2 hours on field practice 6:15-6:45 p.m. 1/2 hour T-shirt/shorts only (no helmets-walkthrough) 6:45-7:15 p.m. 1/2 hour weight room</p>
<p>Friday (pads) August 7, 2015 (1 1/2 hours on field practice)</p> <p>6:30-8:00 a.m. 1 1/2 hours on field practice 1:15-2:15 p.m. Team Buffet 2:45-3:45 p.m. Team Builder/Bowling</p>
<p>Saturday (pads) August 8, 2015 (5 hours on field practice)</p> <p>8:00-9:00 a.m. Team Pictures 9:30-10:00 a.m. Classroom 10:15-12:30 p.m. 1 3/4 hours on field practice 12:30--1:30 p.m. Weight room/Parent meeting while team lifts</p>