

FIRST WEEK PRACTICE SCHEDULE

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| <p>Monday (T-shirts, shorts, helmets) August 6, 2012 (3 hours on field practice)</p> <p>6:30-8:00 a.m. 1 1/2 hours on field practice 8:15-9:30 a.m. 1 1/4 hours weight room/conditioning 1:30-2:00 p.m. 1/2 hour classroom instruction 2:15-3:45 p.m. 1 1/2 hours on field practice 4:00-5:30 p.m. 1 1/2 hours classroom "We are Holy Cross!" 6:00 p.m. Team Dinner/Fundraiser Presentation follows (coupon sheets)/Booster Tickets</p> |
| <p>Tuesday (T-shirts, shorts, helmets) August 7, 2012 (5 hours on field practice)</p> <p>6:30-8:00 a.m. 1 1/2 hours on field practice 8:15-9:30 a.m. 1 1/4 hours weight room/conditioning 4:00-5:30 p.m. 1 1/2 hours T-shirt/shorts only (no helmets-walkthrough) 6:00-7:30 p.m. 1 1/2 hours on field practice</p> |
| <p>Wednesday (T-shirts, shorts, helmets) August 8, 2012 (3 hours on field practice)</p> <p>6:30-8:00 a.m. 1 1/2 hours on field practice 4:00-4:30 p.m. 1/2 hour classroom instruction 4:45-6:15 p.m. 1 1/2 hours on field practice 6:30-7:30 p.m. 1 hour weight room/conditioning</p> |
| <p>Thursday (1st day pads) August 9, 2012 (5 hours on field practice)</p> <p>6:30-8:00 a.m. 1 1/2 hours on field practice 3:30-4:00 p.m. 1/2 hour classroom instruction 4:15-5:30 p.m. 1 1/4 hours T-shirt/shorts only (no helmets-walkthrough) 6:00-7:30 p.m. 1 1/2 hours on field practice 7:45-8:30 p.m. 3/4 weight room/conditioning</p> |
| <p>Friday (pads) August 10, 2012 (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 11, 2012 (5 hours on field practice)</p> <p>7:00-8:30 a.m. 1 1/2 hours on field practice 9:00-10:00 a.m. Team Pictures 10:30-11:00 a.m. Classroom 11:00-12:30 p.m. 1 1/2 hours on field practice 12:45-1:30 p.m. Lunch 1:30-2:30 p.m. Weight room/Parent meeting while team lifts</p> |