



LEXINGTON FOOTBALL

JUNE 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	29 LIFT 2:30-4:30 PM :	30 CONDITIONING 2:30-3:30	31 LIFT 2:30-4:30 PM	1 LIFT 2:30-4:30 PM	2	3 <i>All-Star Meeting</i> 10 AM
4	5 LIFT 2:30-4:30 PM ALL-STAR PRACTICE 5:00-7:30	6 CONDITIONING 2:30-3:30 ALL-STAR PRACTICE 5:00-7:30	7 LIFT 2:30-4:30 PM ALL-STAR PRACTICE 5:00-7:00	8 LIFT 2:30-4:30 PM ALL-STAR PRACTICE 5:00-7:00	9 ALL-STAR PRACTICE 5:00-7:00	10 <i>All-Star Game</i>
11	12 LIFT 2:30-4:30 PM	13 CONDITIONING 2:30-3:30	14 LIFT 2:30-4:30 PM	15 LIFT 2:30-4:30 PM	16	17
18	19 IRON MAN 2:30-4:30 PM	20 IRON MAN 2:30-4:30 PM	21 IRON MAN 2:30-4:30 PM	22 IRON MAN 5:00-8:00 PM	23	24
25	26 LIFT 2:30-4:30 PM	27 CONDITIONING 2:30-3:30	28 LIFT 2:30-4:30 PM	29 LIFT 2:30-4:30 PM	30	



LEXINGTON FOOTBALL JULY 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <i>No Contact Period</i>	4 <i>No Contact Period</i>	5 <i>No Contact Period</i>	6 <i>No Contact Period</i>	7 <i>No Contact Period</i>	8 <i>No Contact Period</i>
9	10 <u>CAMP</u> <u>2-6:30 pm</u>	11	12 <u>CAMP</u> <u>2-6:30 pm</u>	13	14 <u>CAMP</u> <u>8 am -12:30 pm</u>	15
16	17 <u>AU CAMP</u>	18 <u>AU CAMP</u>	19 <u>AU CAMP</u>	20	21 <u>CAMP</u> <u>8 am -12:30 pm</u>	22
23	24 <u>CAMP</u> <u>2-6:30 pm</u>	25	26 <u>CAMP</u> <u>2-6:30 pm</u>	27	28 <u>CAMP</u> <u>8 am -12:30 pm</u>	29
30	31					



LEXINGTON FOOTBALL

AUGUST 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	31 <i>Practice</i> 2:30-8:00 PM <i>Helmets & Shorts</i>	1 <i>Practice</i> 2:30-8:00 PM <i>Helmets & Shorts</i>	2 <i>Practice</i> 2:30-8:00 PM <i>Helmets & Shorts</i>	3 <i>Practice</i> 2:30-8:00 PM <i>Helmet & Shoulder Pads , Shorts (Shells)</i>	4 2:30-8:00 PM 2:30-8:00 PM <i>Full Pads—No Contact</i>	5 <u><i>Half Practice</i></u> 10 am—Noon <i>Full Pads</i> <i>1st Day of Contact</i>
6	7 <i>Practice</i> 2:30-8:00 PM <i>Full Pads</i>	8 <i>Practice</i> 2:30-8:00 PM <i>Full Pads</i>	9 <i>Practice</i> 2:30-8:00 PM <i>Full Pads</i>	10 <i>Practice</i> 2:30-8:00 PM <i>Full Pads</i>	11 <i>Practice</i> 2:30-8:00 PM <i>Full Pads</i>	12 <i>Scrimmage TBD</i>
13	14 <i>Practice</i> 2:30-8:00 PM <i>Full Pads</i>	15 <i>Practice</i> 2:30-8:00 PM <i>Full Pads</i>	16 <i>Practice</i> 2:30-8:00 PM <i>Full Pads</i>	17 <i>Practice</i> 2:30-8:00 PM <i>Full Pads</i>	18 <i>Practice</i> 2:30-8:00 PM <i>Full Pads or Scrimmage TBD</i>	19 <i>Scrimmage or Film & Conditioning TBD</i>
20	21 <i>Practice</i> 2:30-8:00 PM <i>Shells</i>	22 <i>Practice</i> 2:30-8:00 PM <i>Full Pads</i>	23 <i>Practice</i> 2:30-8:00 PM <i>Full Pads</i>	24 <i>Practice</i> 2:30-8:00 PM <i>Helmets & Shorts</i>	25 <i>BEAT ONTARIO HOME</i>	26 <i>Film & Conditioning @ 8 am</i>
27	28 <i>Practice</i> 2:30-8:00 PM <i>Shells</i>	29 <i>Practice</i> 2:30-8:00 PM <i>Full Pads</i>	30 <i>Practice</i> 2:30-8:00 PM <i>Full Pads</i>	31 <i>Practice</i> 2:30-8:00 PM <i>Helmets & Shorts</i>	1 <i>BEAT SHELBY AWAY</i>	