

Football Schedule for the Week

Mon 4/22-Sat 4/27

Monday, April 22, 2019	1st Hour Academy - Weights 7:30 am ; Dress out go straight to Weight Room	Navy Shorts, White Shirt
	3rd Hour Academy - Weights; Dress out go straight to Weight Room	
Tuesday, April 23, 2019	2nd Hour Academy - Weights; Dress out LINE UP IN MAIN GYM	Navy Shorts, White Shirt
	4th Hour Academy - Weights; Dress out go straight to Weight Room	
Wednesday, April 24, 2019	1st Hour Academy - Weights 7:30 am ; Dress out go straight to Weight Room	Navy Shorts, White Shirt
	3rd Hour Academy - Weights; Dress out go straight to Weight Room	
Thursday, April 25, 2019	1st Hour Academy - Weights 6:45 am ; Dress out go straight to Weight Room	Navy Shorts, White Shirt
	2nd Hour Academy - Weights; Dress out LINE UP IN MAIN GYM	
	4th Hour Academy - Weights; Dress out go straight to Weight Room	
Friday, April 26, 2019	1st Hour Academy - Weights 6:30 am ; Dress out go straight to Weight Room	Navy Shorts, White Shirt
	2nd Hour Academy - Weights; Dress out LINE UP IN MAIN GYM	
	3rd Hour Academy - Weights; Dress out go straight to weight room	
	4th Hour Academy - Weights; Dress out go straight to weight room	
Saturday, April 27, 2019	OFF	
Sunday, April 28, 2019	OFF	