PCA FOOTBALL - SUMMER / FALL 2016

SUMMER STRENGTH AND SPEED TRAINING: TEMPLE BUILDERS www.prestonwoodchristian.org/summers

DAY	DATE	UPPER SCHOOL		DATE	MIDDLE SCHOOL
MONDAY	11-Jul	LAST WEEK OF TEMPLE BUILDERS 8:30-10:30 AM		11-Jul	LAST WEEK OF TEMPLE BUILDERS 8:30-10:30 AM
TUESDAY	12-Jul	LAST WEEK OF TEMPLE BUILDERS 8:30-10:30 AM		12-Jul	LAST WEEK OF TEMPLE BUILDERS 8:30-10:30 AM
WEDNESDAY	13-Jul	LAST WEEK OF TEMPLE BUILDERS 8:30-10:30 AM		13-Jul	LAST WEEK OF TEMPLE BUILDERS 8:30-10:30 AM
THURSDAY	14-Jul	LAST WEEK OF TEMPLE BUILDERS 8:30-10:30 AM		14-Jul	LAST WEEK OF TEMPLE BUILDERS 8:30-10:30 AM
FRIDAY	15-Jul			15-Jul	
SATURDAY	16-Jul			16-Jul	
SUNDAY	17-Jul			17-Jul	
MONDAY	18-Jul	US TEAM CAMP 8:30-11:00 AM		18-Jul	MS FOOTBALL CAMP 7:30-8:30 AM
TUESDAY	19-Jul	US TEAM CAMP 8:30-11:00 AM		19-Jul	MS FOOTBALL CAMP 7:30-8:30 AM
WEDNESDAY	20-Jul	US TEAM CAMP 8:30-11:00 AM		20-Jul	MS FOOTBALL CAMP 7:30-8:30 AM
THURSDAY	21-Jul	US TEAM CAMP 8:30-11:00 AM		21-Jul	MS FOOTBALL CAMP 7:30-8:30 AM
FRIDAY	22-Jul	US TEAM CAMP 8:30-11:00 AM		22-Jul	
SATURDAY	23-Jul	SENIOR RETREAT (7-22/23)		23-Jul	
SUNDAY	24-Jul	TAPPS DEAD WEEK		24-Jul	TAPPS DEAD WEEK
MONDAY	25-Jul			25-Jul	
TUESDAY	26-Jul	*GREAT TIME FOR*		26-Jul	*GREAT TIME FOR*
WEDNESDAY	27-Jul	*FAMILY VACATION*		27-Jul	*FAMILY VACATION*
THURSDAY	28-Jul			28-Jul	
FRIDAY	29-Jul	NO ACTIVITIES OR TRAINING		29-Jul	NO ACTIVITIES OR TRAINING
SATURDAY	30-Jul	AT PCA		30-Jul	AT PCA
SUNDAY	31-Jul			31-Jul	
MONDAY	1-Aug	6:00-11 AM		1-Aug	NO PRACTICE
TUESDAY	2-Aug	6:00-11 AM		2-Aug	NO PRACTICE
WEDNESDAY	3-Aug	6:00-11 AM		3-Aug	NO PRACTICE
THURSDAY	4-Aug	6:00-11 AM		4-Aug	EQUIPMENT 8:00 AM COMBINE 10AM-12 PM
FRIDAY	5-Aug	6:00-11 AM		5-Aug	9 AM MEET - PRACTICE 10 AM-12 PM HELMET
SATURDAY	6-Aug	PICTURE DAY 9-11 AM		6-Aug	PICTURE DAY 11 AM -12:30 PM
SUNDAY	7-Aug			7-Aug	
MONDAY	8-Aug	6:00-11 AM		8-Aug	3:30 PM MEET - PRACTICE 4-6:00 PM HELMET
MONDAY	**8-Aug**	6 PM "MEET THE COACHES" PARENT MEETING		**8-Aug**	6 PM "MEET THE COACHES" PARENT MEETING
TUESDAY	9-Aug	6:00-11 AM		9-Aug	**4 PM MEET - PRACTICE 5-7:00 PM PADS**
WEDNESDAY	10-Aug	6:00-11 AM		10-Aug	**4 PM MEET - PRACTICE 5-7:00 PM PADS**
THURSDAY	11-Aug	6:00-11 AM		11-Aug	**4 PM MEET - PRACTICE 5-7:00 PM PADS**
FRIDAY	12-Aug	1ST SCRIMMAGE FWC		12-Aug	***8:30 AM-11:30 AM PADS***
SATURDAY	13-Aug			13-Aug	
SUNDAY	14-Aug			14-Aug	
MONDAY	15-Aug	6:00-9 AM		15-Aug	NO PRACTICE
TUESDAY	16-Aug	***6:00-8:00 AM* SR RET***		16-Aug	MEET AT 8 AM PRACTICE 8:30 AM-11:30 AM
WEDNESDAY	17-Aug	***6:00-7:15 AM* US RET***		17-Aug	2:30-5:00 PM LION STADIUM
THURSDAY	18-Aug	*NO PRACTICE @ RETREAT*		18-Aug	2:30-6:00 PM LION STADIUM* SCRIMMAGE
FRIDAY	19-Aug	2ND SCRIMMAGE ST MARKS		19-Aug	*2:30-4:00 PM LION STADIUM*
SATURDAY	20-Aug	*Seniors Return PM*		20-Aug	
SUNDAY	21-Aug			21-Aug	
MONDAY	22-Aug	4:00-6:30 PM		22-Aug	2:30-5:00 PM
TUESDAY	23-Aug	4:00-6:30 PM		23-Aug	2:30-5:00 PM
WEDNESDAY	24-Aug	***3:00-5:00 PM***		24-Aug	***2:00-5:00 PM***
THURSDAY	25-Aug	FR / JV GAMES		25-Aug	MS GAMES
FRIDAY	26-Aug	VARSITY GAME		26-Aug	2:30-3:20 PM

SCHEDULE SUBJECT TO CHANGE

MIDDLE SCHOOL COMBINE: HT, WT, 40, AND PRO AGILITY

updated 3/8/16