

July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Weight Room 8:00-9:30AM	3 Weight Room 8:00-9:30	4 OFF	5 TEAM Practice 8AM-10AM	6 OFF	7
8	9 Weight Room 8:00-9:30AM	10 Weight Room 8:00-9:30AM 7 on 7 HOME	11 Team Practice 8AM-10AM	12 Weight Room 8AM-9:30	13 OFF	14
15	16 Weight Room 8:00-9:30AM	17 Weight Room 8:00-9:30AM	18 Team Practice 8AM-10AM	19 Weight Room 8AM-9:30AM 7 on 7	20 Albright Camp	21 Albright Camp
22 Albright Camp	23 OFF	24 Weight Room 8AM-9:30AM	25 Team Practice 8AM-10AM	26 Weight Room 8AAM-9:30AM	27 OFF	28
29	30 OFF	31 OFF				

Albright camp is a mandatory camp, it is where we get the most work in. It is a stay over camp.

Everyone MUST get a physical to play next season. It must be dated after June 1st. It is not OK to simply wait for your annual doctor's appointment.

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August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 OFF	2 OFF	3 OFF	4
5	6 Heat Acclimation Begins 8-11AM	7 Heat Acclimation 8AM-11	8 Heat Acclimation 8AM-11AM	9 Heat Acclimation 8AM-11AM	10 Heat Acclimation 8AM-11AM	11
12	13 Double Sessions 7:30AM-10AM 12PM-2:30PM	14 Double Sessions 7:30AM-10AM 12PM-2:30PM	15 Double Sessions 7:30AM-10AM 12PM-2:30PM	16 Double Sessions 7:30AM-10AM 12PM-2:30PM	17 Single Session 8AM-10AM	18 Scrimmage 10AM
19	20 Double Session 7:30-10AM 12-2PM	21 In-Service Day Practice 3-5PM	22 In-Service Practice 3-5PM	23 Single Practice 7PM-8:30PM	24 First Game 7PM @ Conesto- ga	25
26	27 First day of school Practice 3-5:30PM	28 School Practice 3-5:30PM	29 School Practice 3-5:30PM	30 School Practice 3-4:30	31 Game 2 @ Daniel Boone 7PM	

Owen J. Roberts Football

Heat Acclimation is a mandatory practice by PIAA, you are not allowed to miss these practices. If you do you cannot participate in full contact practices.

—>ALL PIAA Physical forms must be handed in by August 1st at the latest.

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