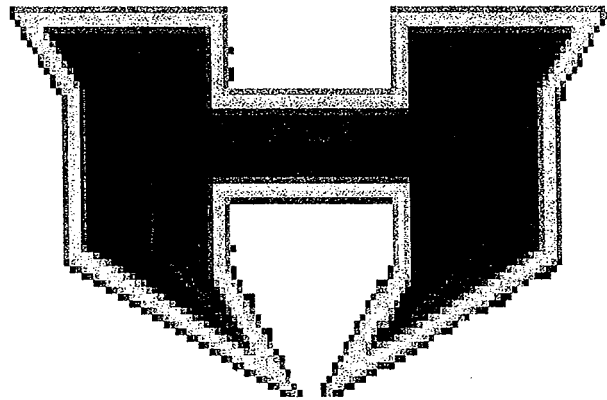


2016

# TOPPER FOOTBALL



# SUMMER SCHEDULE

ONE FAMILY- ONE DESTINY

## THESE THINGS REQUIRE NO TALENT:

1. BEING AT PRACTICE BEFORE TIME.
2. WORK ETHIC.
3. EFFORT.
4. BODY LANGUAGE.
5. ENERGY.
6. ATTITUDE.
7. PASSION.
8. BEING COACHABLE.
9. DOING EXTRA
10. BEING PREPARED.



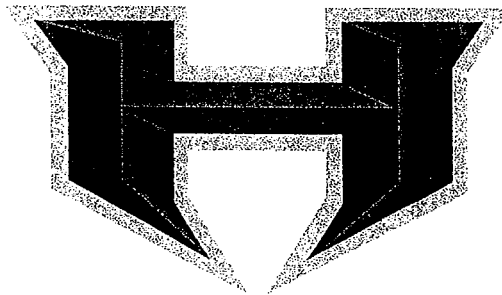
TOPPER FOOTBALL

ONE FAMILY- ONE DESTINY

# TOPPER PRIDE

## HHS FOOTBALL PRACTICE EXPECTATIONS

1. NEVER WALK ONTO THE FIELD. ALWAYS HIT THE FIELD ON THE JOG.
2. HUSTLE- NEVER LOAF OR ALLOW YOUR TEAMMATE TO LOAF.
3. PAY ATTENTION WHEN COACHES ARE SPEAKING TO YOU. LOOK COACHES IN THE EYE SO WE KNOW YOU ARE PAYING ATTENTION.
4. PAY ATTENTION IF YOU ARE WATCHING A DRILL OR ON THE SIDELINES.
5. CARRY OUT YOUR TECHNIQUE THE WAY YOU ARE BEING COACHED. PERFECTION IN PRACTICE MUST ALWAYS BE OUR GOAL.
6. DO NOT HASSLE OR MOUTH AT EACH OTHER. RESPECT YOUR TEAMMATES. MAKE EACH OTHER GET BETTER.
7. WORK HARD IN EVERY ASPECT OF PRACTICE, EVEN SPECIAL TEAMS.
8. CONDITIONING WILL WIN US GAMES! BE READY TO COMMIT TO CONDITIONING EVERY DAY!
9. ALWAYS HAVE EQUIPMENT HERE AND READY TO GO.
10. NEVER MISS A PRACTICE.
11. IF YOU ARE INJURED, YOU MUST LET A COACH KNOW!
12. NO PROFANITY
13. NO EXCUSES



COURAGE: I WILL SELL OUT FOR THE TEAM

DESIRE: NO ONE WILL STOP ME

# May 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23 Lifting 7-8:30am (8:45-10am) OL/OL 4-5:30pm	24 Lifting 7-8:30am (8:45-10am) RBWR 4-5:30pm	25 Equipment Handout 5:30pm Mini Camp All Players 6:30-8:30pm	26 Lifting 7-8:30am 4-5:30pm	27 Off	28
29	30 Off Memorial Day	31 Lifting 7-8:30am (8:45-10am) RBWR 4-5:30pm				
April 2016	Printfree.com Printable Calendars					June 2016

# June 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Mini Camp All Players 6-8:30pm	2 Lifting 7-8:30am 4-5:30pm	3 Off	4
5	6 Lifting 7-8:30am (8:45-10 OL/DL on field) 4-5:30pm	7 Lifting 7-8:30am (8:45-10 Backs/WR on field) 4-5:30pm	8 Mini Camp All Players 6-8:30pm	9 Lifting 7-8:30am 4-5:30pm	10 Off	11
12	13 Lifting 7-8:30am (8:45-10 OL/DL on field) 4-5:30pm	14 Lifting 7-8:30am (8:45-10 Backs/WR on field) 4-5:30	15 Mini Camp All Players 6-8:30pm	16 Lifting 7-8:30am 4-5:30pm	17 Off	18
19	20 Lifting 7-8:30am (8:45-10 OL/DL on field) 4-5:30pm	21 Lifting 7-8:30am (8:45-10 RB/WR on field) 4-5:30pm	22 Mini Camp All Players 6-8:30	23 Lifting 7-8:30am 4-5:30pm	24 7 on 7 Practice 8-10 am	25 Pana 7 on 7 (Varsity Only)
26	27 Lifting 7-8:30am (8:45-10 OL/DL) 4-5:30pm	28 Lifting 7-8:30am (8:45-10 RB/WR on field) 4-5:30pm	29 Mini Camp All Players 6-8:30	30 Lifting 7-8:30am 4-5:30		
May 2016	Printfree.com    Printable Calendars				July 2016	

# July 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 off	2
3	4 off	5 Lifting 7-8:30am (8:45-10 RBJWR on field) 4-5:30pm	6 Mini Camp All Players 6-8:30pm	7 Lifting 7-8:30am 4-5:30pm	8 off	9
10	11 HHS Football Camp (All Players) 7:30am to Noon	12	13 (All Players)	14	15	16 Golf Tournament Fundraiser Indian Springs
17	18 HHS Football Camp 7:30am to noon (All Players)	19	20 Illinois College Team Camp (Varsity Only) TBA	21	22 8am Gold Card Turn In!! 9:30-11:30 Wiffle Ball Tourney	23 7 on 7 at Mt. Zion 9am Varsity Only
24	25 Lifting 7-8:30am 4-5:30pm	26 Lifting 7-8:30am 4-5:30pm	27 No Meeting	28 Lifting 7-8:30am 4-5:30pm	29 off	30
31						
June 2016	Printfree.com Printable Calendars					August 2016

# August 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Off	2 Off	3 Off	4 Off	5 Off	6 Off
7 Off	8 Practice Begins 7am Meeting 8-11am Helmets	9 Practice 7am Meeting 8-11am Helmets	10 Practice 7am Meeting 8-11am Helmets/Shoulder Pads	11 Practice 7am Meeting 8-11am Helmets/Shoulder Pads	12 Practice 7am Meeting 8-11am Helmets/Shoulder Pads	13 Practice 7am Meeting 8-noon Full Pads
14	15 School Practice	16 Begins This Week. times TBA.	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			
July 2016	Printfree.com Printable Calendars					September 2016