



# PVI FOOTBALL MAY 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15 7:00 -8 pm Returning JV/V Parents-Coaches Night in 114A (Mr. O'Brien's Rm)	16 7-8 pm Rising freshmen parents meet the Coaches Night in 114A (Mr. O'Brien's Rm) Players can but need not attend.	17	18	19
20 Spring football Sneakers and cleats 3:30-5:30.	21 Spring football Sneakers and cleats 3:30-5:30. Last day to sign up for 7on7 with Coach G.	22 Spring football Sneakers and cleats 3:30-5:30.	23 Spring football Sneakers and cleats 3:30-5:30. 7on7@ Annandale HS 3:30-6:00 (Overlap expected)	24 Spring football Sneakers and cleats 3:30-5:30.	25	26
27	28	29	30	31		

- FOLLOW & CHECK TWITTER (@PVIFOOTBALL) FOR ALL UPDATES
- DO NOT SCHEDULE ANYTHING ON OR AFTER AUGUST 1
- 7 ON 7 WITH OAKTON DATES TBD
- PHYSICALS AFTER JUNE 1, 2019. CURRENT 2018-19 PHYSICALS ARE ONLY GOOD THIS SCHOOL YEAR
- PVISPORTS.NET FOR ALL ATHLETIC INFORMATION
- CONTACT FOR COACH G: [mgrandizio@pvipanther.net](mailto:mgrandizio@pvipanther.net)

7on7@ Annandale HS  
3:30-6:00



# PVI FOOTBALL JUNE 2019

WEIGHT ROOM (MINIMUM OF 20 JUNE THROUGH JULY))



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3	4	5	6 7on7@ Annandale HS 3:30-6:00	7	8	9
10 EXAMS – WR Open	11 EXAMS - WR Open	12 EXAMS - WR Open	13 EXAMS - WR Open	14 WEIGHT ROOM 10-11:30	15	16
17 WEIGHT ROOM 10-11:30	18 WEIGHT ROOM 10-11:30	19 WEIGHT ROOM 10-11:30	20 WEIGHT ROOM 10-11:30	21 WEIGHT ROOM 10-11:30	22	23
24 WEIGHT ROOM 10-11:30	25 WEIGHT ROOM 10-11:30	26 WEIGHT ROOM 10-11:30	27 WEIGHT ROOM 10-11:30	28 WEIGHT ROOM 10-11:30	29	30

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# PVI FOOTBALL JULY 2019



WEIGHT ROOM (MINIMUM OF 20 JUNE THROUGH JULY))

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 WEIGHT ROOM 10-11:30	2 WEIGHT ROOM 10-11:30	3 WEIGHT ROOM 10-11:30	4 WEIGHT ROOM 10-11:30	5	6	7
8 WEIGHT ROOM 10-11:30	9 WEIGHT ROOM 10-11:30	10 WEIGHT ROOM 10-11:30	11 WEIGHT ROOM 10-11:30	12	13	14
15 WEIGHT ROOM 10-11:30	16 WEIGHT ROOM 10-11:30	17 WEIGHT ROOM 10-11:30	18 WEIGHT ROOM 10-11:30	19	20	21
22 WEIGHT ROOM 10-11:30	23 WEIGHT ROOM 10-11:30	24 WEIGHT ROOM 10-11:30	25 WEIGHT ROOM 10-11:30	26	27	28
29	30	31	DO NOT SCHEDULE VACATIONS AFTER JULY 31			

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# PVI FOOTBALL AUGUST 2019

## WEIGHT ROOM (MINIMUM OF 20)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 5-9 pm <b>Sneakers &amp; Cleats</b> <b>Physicals and 4-Part Forms</b> due and \$225 check to PVI	2 5-9 pm	3 9 - noon	4
5 7-10 am and 1-2 pm	6 7-10 am and 1-2 pm	7 7-10 am and 1-3 pm	8 7-10 am and 1-2 pm	9 7-10 am and 1-3 pm	10 7-10 am BBQ 11 – 1 pm	11
12 4-7 pm	13 4-7 pm	14 4-7 pm	15 4-6:30 pm	16 V SCRIM GTP 6 pm	17 7-10 (V) <b>Sneakers &amp; Cleats</b> Freshmen -9-noon <b>Physicals and 4-Part Forms</b> due and \$225 check to	18
19 4-6:30 V 3-5:30 JV	20 4-6:30 V 3-5:30 JV	21 4-6:30 V 3-5:30 JV	22 4-6:30 V 3-5:30 JV	23 V SCRIM Sidwell F TBD 3-5:30 JV	24 8-10 am V	25
26 4-6:30 V 3-5:30 JV	27 4-6:30 V 3-5:30 JV	28 4-6:30 V 3-5:30 JV	29 4-6:30 V 3-5:30 JV	30 V SSSA Home Opener 3-5:30 JV	31	

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