




























# FOOTBALL WORKOUTS

May 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22  Spring Ball Rising 10 <sup>th</sup> -12 <sup>th</sup> graders at 3:30	 Spring Ball Rising 10 <sup>th</sup> -12 <sup>th</sup> graders at 3:30	 Spring Ball Rising 10 <sup>th</sup> -12 <sup>th</sup> graders at 3:30	 Spring Ball Rising 10 <sup>th</sup> -12 <sup>th</sup> graders at 3:30	 Spring Ball Rising 10 <sup>th</sup> -12 <sup>th</sup> graders at 3:30	27
28	29	30	31	<b>Notes: ?s</b> <b>Contact Coach Mike Grandizio</b> <b>mgrandizio@paulvi.net</b>		




# FOOTBALL WORKOUTS

June 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> Get your sports physical after this date and bring to Athletic Office. Keep a copy.	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b> <b>7 on 7 Meet at Falls Church HS</b> <b>AM TBA</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b> 10-11:30 WR Workout 	<b>16</b> 10-11:30 WR Workout 	<b>17</b>
<b>18</b>	<b>19</b> 10-11:30 WR Workout 	<b>20</b> 10-11:30 WR Workout 	<b>21</b> 10-11:30 WR Workout 	<b>22</b> 10-11:30 WR Workout 	<b>23</b> 10-11:30 WR Workout 	<b>24</b>
<b>25</b>	<b>26</b> 10-11:30 WR Workout 	10-11:30 WR Workout 	10-11:30 WR Workout 	10-11:30 WR Workout 	10-11:30 WR Workout 	<b>Notes:</b>

# FOOTBALL WORKOUTS

July 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 10-11:30 WR Workout 	6 10-11:30 WR Workout 	7	8
9	10 10-11:30 WR Workout 	11 10-11:30 WR Workout 	12 10-11:30 WR Workout 	13 10-11:30 WR Workout 	14	15
16	17 10-11:30 WR Workout 	18 10-11:30 WR Workout 	19 10-11:30 WR Workout 	20 10-11:30 WR Workout 	21	22
23	24 10-11:30 WR Workout 	25 10-11:30 WR Workout 	26 10-11:30 WR Workout 	27 10-11:30 WR Workout 	28	29
30	31 10-11:30 WR Workout 	<p><b>Notes: Minimum of 20 workouts over summer is mandatory</b></p> <p><b>Coach Grandizio: <a href="mailto:mgrandizio@paulvi.net">mgrandizio@paulvi.net</a></b></p>				

# FOOTBALL WORKOUTS

August 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> 10-11:30 WR Workout 	<b>2</b> 10-11:30 WR Workout 	<b>3</b> 10-11:30 WR Workout 	<b>4</b> 10-11:30 WR Workout 	<b>5</b>
<b>6</b> Varsity equipment hand-out & pre-season meal Be sure <a href="#">Physical</a> is on File Bring \$200 check payable to Paul VI Football	<b>7</b> Varsity First Day <a href="#">4 part form</a> to Coach G Practice 6-9:30 PM	<b>8</b> Practice 6-9:30 PM	<b>9</b> Practice 6-9:30 PM	<b>10</b> Practice 6-9:30 PM	<b>11</b> Practice 6-9:30 PM	<b>12</b> Practice 7 am – 10 am
<b>13</b>	<b>14</b> 1 <sup>st</sup> practice AM – 7-9 2 <sup>nd</sup> practice 11-1 pm	<b>15</b> Practice 7am-10am only	<b>16</b> 1 <sup>st</sup> practice AM – 7-9 2 <sup>nd</sup> practice 11-1 pm	<b>17</b> Practice 7am-10am only	<b>18</b> 6:30 am Leave for Atlantic Shores HS in Virginia Beach and overnight	<b>19</b> Return from Virginia Beach
<b>20</b>	<b>21</b> Freshman Football First Day 3-5:30 pm <b>(Check/4-Part Form &amp; Physical already on file)</b> <b>Varsity:</b> 1 <sup>st</sup> practice AM – 7-9 2 <sup>nd</sup> practice 11-1 pm	<b>22</b> Freshmen Practice 3-5:30 pm <b>Varsity:</b> 1 <sup>st</sup> practice AM – 7-9 2 <sup>nd</sup> practice 11-1 pm	<b>23</b> Freshmen Practice 3-5:30 pm <b>Varsity:</b> 1 <sup>st</sup> practice AM – 7-9 2 <sup>nd</sup> practice 11-1 pm	<b>24</b> Freshmen Practice 3-5:30 pm <b>Varsity:</b> 1 <sup>st</sup> practice AM – 7-9 2 <sup>nd</sup> practice 11-1 pm	<b>25</b> Freshmen Practice 3-5:30 pm Varsity Scrimmage: Sidwell Friends	<b>26</b> Freshmen Practice 7:30 am-11am Varsity Film – 8-10 am
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>Notes: Minimum of 20 workouts over summer mandatory</b> <b>Coach Grandizio:</b> <b>mgrandizio@paulvi.net</b>	