

## **UPDATED DATES FOR VARSITY/JV FOOTBALL**

### **Week of 8/31:**

- Monday – 2:00 – 3:45 – helmets (arrive by 1:30 to get your helmet out of the locker room...make sure you have a white chinstrap...Mr. Austin will have them for you if you do not)
- Wednesday/Thurs. – 8:00 – 9:45 – helmets (arrive by 7:30 to get your helmet)

### **Week of 9/7:**

- No practice on Labor Day Monday
- Tuesday/Wednesday – after school – 3:00 – 5:00 – with helmets
- Thursday/Friday – after school – 3:00 – 5:00 – uppers (helmet, shoulder pads, practice shirt)

### **Starting the week of 9/14: Beginning of MANDATORY practices**

- All practices will be immediately after school and will run until approximately 6:00.

**I will update you with any changes as we move forward.**