

2017 Summer Lifting

1. Summer Lifting begins Tuesday, May 30th.
2. Lifting times are 10AM OR 5PM, Monday, Tuesday, Thursday and Friday.
3. Make-up days are Wednesday's, 10AM ONLY!
4. Make-Ups MUST BE **PRE-APPROVED** by Coach Nori or Coach Wolfe ONLY.
5. Mini-Camp Begins Monday, July 10th.

Mini-Camp Times

Monday, July 10th - Thursday, July 13th - 2:30-7:00PM

Friday, July 14th - 10AM - 1PM

Monday, July 17th - Thursday, July 20th - 2:30-7:00PM

Friday, July 21st - 10AM - 7PM (**110 Testing and Team Picnic Day**)

6. Saturday, July 22nd - Sunday, July 30th - Players OFF - **NO FOOTBALL RESPONSIBILITIES.**
7. Monday, July 31st - **BEGIN FALL CAMP** (A.K.A. "2-A-Days") 7AM-3:30PM

Bulldog Football

May 2017 (Eastern Time)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2	3	4	5	6
	Lifting	Running	Lift/Run		Lifting	Muich Mania
7	8	9	10	11	12	13
	Lift	Run	Lift/Run		Lift	
14	15	16	17	18	19	20
	Lift	Run	Lift/Run		Lift	
21	22	23	24	25	26	27
	Lift	Lift/Run	Lift	Player's Off		
		STAFF MEET	Equipment Hand-out #1	LAST DAY OF SCHOOL FOR STUDENTS	LAST DAY OF SCHOOL FOR TEACHERS	
28	29	30	31	1	2	3
Player's Off	MEMORIAL DAY					

Bulldog Football

Jun 2017 (Eastern Time)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 Player's Off	29 Begin Summer	30 <i>Test Week</i>	31 Lift/Run	1 Lift	2 Lift	3
4	5 Lift	6 Lift/Run	7 Make-Up Lift	8 Lift	9 Lift/Run	10
11	12 Lift	13 Lift/Run	14 Make-Up Lift	15 Lift	16 Lift/Run	17
18	19 Lift	20 Lift/Run	21 Make-Up Lift	22 Lift	23 Lift/Run	24
25	26 Lift	27 Lift/Run	28 Make-Up Lift	29 Lift	30 Lift/Run	1

Bulldog Football

Jul 2017 (Eastern Time)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25 Lift	26 Lift/Run	27 Lift/Run	28 Make-Up Lift	29 Lift/Run	30 Lift/Run	1 Players Off
2 Players Off	3 Fourth of July	4 Fourth of July	5 Lift	6 Lift	7 Lift Equipment Haulout #2	8
9 STAFF MEET CPM	10 Mini Camp	11 Mini Camp	12 Mini Camp	13 Mini-Camp AM	14 Mini-Camp AM	15
16 Mini-Camp	17 Mini-Camp	18 Mini-Camp	19 Mini-Camp	20 Mini-Camp AM	21 Mini-Camp AM FB Picnic TEST 110's	22 PLAYER'S OFF
23 PLAYER'S OFF	24 PLAYER'S OFF	25 PLAYER'S OFF	26 PLAYER'S OFF	27 PLAYER'S OFF	28 PLAYER'S OFF	29 PLAYER'S OFF
30 PLAYER'S OFF	31 Begin Fall Camp	1 Begin Fall Camp	2 Begin Fall Camp	3 Begin Fall Camp	4 Begin Fall Camp	5 Intra-Squad Swimming Closed