



**SUMMER SCHEDULE
2011**

JUNE

SUN	MON	TUES	WED	THUR	FRI	SAT
		Summer Workout Practice 2:00-4:00	1	2 Summer Workout Practice 2:00-4:00	3	4
5	6	7 Summer Workout Practice 2:00-4:00	8 Summer Workout Practice 2:00-4:00	9 Summer Workout Practice 2:00-4:00	10	11 <u>7-on-7</u> <u>Passing Camp</u> <u>TOURNAMENT</u> @ LA Pierce <u>8am</u>
12	13	14 Summer Workout Practice 2:00-4:00	15	16 Summer Workout Practice 2:00-4:00	17	18 <u>7-on-7</u> <u>Passing Round</u> <u>Robin</u> @Granada Hills <u>9am</u>
19	20	21 Summer Workout Practice 2:00-4:00	22	23 Summer Workout Practice 2:00-4:00	24	25
26	27 <u>7-on-7</u> <u>Passing Camp</u> <u>TOURNAMENT</u> @ COC College 4pm	28 Summer Workout Practice 2:00-4:00	29 <u>COC Tourney</u> <u>and Lineman</u> <u>Challenge</u> 4pm	30 Summer Workout Practice 2:00-4:00	1	2

- After Spring Ball, we will begin **Summer on field Practice every Tuesday and Thursday from 2:00-4:00pm.** This will start on Tuesday May 31st. This is for all Varsity team members.
- Days of Passing League games could be added and I will let you know of them accordingly. I will do the best I can to give you 2 days notice.
- There will be 2 times for summer weight room workouts.
 - 10:30am – 12:00pm for players not in summer school
 - 12:00pm – 1:30pm for players in summer school

JULY

SUN	MON	TUES	WED	THUR	FRI	SAT
3	4 OFF	5 OFF	6 OFF	7 OFF	8 OFF	9
10	11	12 Summer Workout Practice 2:00-4:00	13	14 Summer Workout Practice 2:00-4:00	15	16
17	18	19 Summer Workout Practice 2:00-4:00	20	21 Summer Workout Practice 2:00-4:00	22	23
24	25	26 Summer Workout Practice 2:00-4:00	27	28 Summer Workout Practice 2:00-4:00	29	30
31						City Coaches Meeting - 9am @ USC Fee & Caravella

Need To be **READY TO GO** at start time for all workouts. If you don't have Summer School your workout starts at 10:30am Mon-Fri. If you have Summer School then your workout starts at 12pm Mon-Fri.

- With Summer School Classes Changing, there is a slight change in schedule this year, but there is no excuse for not getting a lift in. **MAKE THE COMMITMENT TO BE HERE!**
- We only have afternoon practices on Tuesday's & Thursday's, which will be from 2:00pm – 4:00 pm.
- Monday, Tuesdays, Thursdays, and Friday there is a weightroom workout followed by agility and speed work. These workouts will not be longer then 1 Hour 30 Min start to finish. On Wednesdays we will be our Competition days where we will be doing competitive workouts/drills that will be same time frame as the weightroom workouts.
- There will always be at least 1 coach in the weight room and speed work during this time to supervise, and explain any exercises you are not sure of.
- **New Locker Construction** will be taking place during the month of June so we will be using the meeting room for changing and storing your stuff. Plan accordingly.
- Take **PRIDE** in yourself, your school, and the Taft Football Program...**KEEP THE WEIGHT ROOM CLEAN!!!**