

ITINERARY FOR . SEPT 28-OCT.2,

BYE WEEK GOALS:

- * TUTORIALS-ELIGIBILITY
 - * FUNDAMENTALS – TECHNIQUE- SPECIAL TEAMS
 - * 4-DAY SPLIT WEIGHT TRAINING
 - * REJUVENATE-(FRESH LEGS)
 - * CROSS TRAIN PERSONELL
-

MON. SEPT. 28,

2:50- FUND. PRACTICE-(10-12 PERIODS)-HELMETS ONLY

3:45- SECURE

4:00-TUTORIALS FOR ALL JV & VAR.GRADE CONCERNS

REST OF TEAM WILL LIFT (LOWER)– 4:00-4:30-(30)

4:30-TUTORIAL GUYS WILL LIFT AFTERWARDS-(30)

TUES. SEPT. 29,

2:50- PRACTICE-(10-12 PERIODS)-HELMETS ONLY

3:45-SECURE

4:00-TUTORIALS / LIFT-(UPPER)-(30)

4:30- TUTORIALS LIFT.

WED. SEPT. 30,

3:05-ABILENE FILM

THUR. OCT. 1,

2:50-PRACTICE-(10-12 PERIODS)

4:00- TUTORIALS / LIFT (LOWER)-(30)

4:30- TUTORIALS LIFT

FRI. OCT. 2,

2:50- PRACTICE

4:00- TUTORIALS / LIFT-(UPPER)-(30)

4:30- TUTORIALS LIFT

