

TROJAN FOOTBALL SUMMER 2017 - JUNE			
Day	Date	Time	Comments
Wednesday	31-May	630-745a	Weights/Conditioning
Thursday	1-Jun		OFF
Friday	2-Jun	630-745a	Weights/Conditioning (QB-REC EXTRA WORK)
Saturday	3-Jun		OFF
Sunday	4-Jun		OFF
Monday	5-Jun	630-745a	Weights/Conditioning (LINEMEN)
Tuesday	6-Jun		OFF
Wednesday	7-Jun	630-745a	Weights/Conditioning (TEAM PRACTICE 740-830PM)
Thursday	8-Jun		OFF
Friday	9-Jun	630-745a	Weights/Conditioning (QB-REC EXTRA WORK)
Saturday	10-Jun		OFF
Sunday	11-Jun		OFF
Monday	12-Jun	630-745a	Weights/Conditioning
Tuesday	13-Jun		TEAM PRACTICE 6-730PM
Wednesday	14-Jun	630am/10am	Weights/TO HIAWATHA SCRIMMAGE - 10AM
Thursday	15-Jun		OFF
Friday	16-Jun	630-745a	Weights/Conditioning (QB-REC EXTRA WORK)
Saturday	17-Jun		OFF
Sunday	18-Jun		OFF
Monday	19-Jun	TBA	no weights!/TO ROSSVILLE SCRIMMAGE W/P RIDGE
Tuesday	20-Jun		OFF
Wednesday	21-Jun	630-745a	Weights/Conditioning
Thursday	22-Jun		OFF
Friday	23-Jun	630-745a	Weights/Conditioning (QB-REC EXTRA WORK)
Saturday	24-Jun		OFF
Sunday	25-Jun		OFF
Monday	26-Jun	630-745a	Weights/Conditioning
Tuesday	27-Jun		TEAM PRACTICE 7-830PM
Wednesday	28-Jun	630-745a	Weights/Conditioning
Thursday	29-Jun		OFF
Friday	30-Jun	630-745a	Weights/Conditioning

**The greatest pleasure in life is doing what others say  
you cannot do**

TROJAN FOOTBALL SUMMER 2017 - JULY			
Day	Date	Time	Comments
Saturday	1-Jul		OFF
Sunday	2-Jul		OFF
Monday	3-Jul		OFF
Tuesday	4-Jul		OFF USA! USA! USA! Happy 4th of July
Wednesday	5-Jul		OFF
Thursday	6-Jul	7-8pm	Team Practice/SCRIMMAGE?
Friday	7-Jul	630-745a	Weights/Conditioning
Saturday	8-Jul		OFF
Sunday	9-Jul		OFF
Monday	10-Jul	630-8am	FB CAMP
Tuesday	11-Jul	8-930am	FB CAMP
Wednesday	12-Jul	630-8am	FB CAMP
Thursday	13-Jul	8-930am	FB CAMP - LINEMAN CHALLENGE DAY
Friday	14-Jul	630-8am	FB CAMP
Saturday	15-Jul	9-10am	FB CAMP/Biscuits and Gravy Fundraiser
Sunday	16-Jul		OFF
Monday	17-Jul	630-745a	Weights/Conditioning
Tuesday	18-Jul		OFF
Wednesday	19-Jul	630-745a	Weights/Conditioning (Kick, Punt, Return)
Thursday	20-Jul		OFF
Friday	21-Jul	630-745a	Weights/Conditioning (QB - Rec)
Saturday	22-Jul		OFF
Sunday	23-Jul		OFF
Monday	24-Jul	630-745a	Weights/Conditioning (Linemen extra work)
Tuesday	25-Jul		OFF
Wednesday	26-Jul	630-745a	Weights/Conditioning (Kick, Punt, Return)
Thursday	27-Jul		OFF
Friday	28-Jul	630-745a	Weights/Conditioning (QB - Rec)
Saturday	29-Jul		OFF/*Cuttar-Shrine Bowl Game*
Sunday	30-Jul		OFF
Monday	31-Jul	630-745a	Weights/Conditioning (Linemen extra work)

There are only 2 things you can do when someone says you aren't good enough: You can prove them right or you can prove them wrong

TROJAN FOOTBALL SUMMER 2017 - AUGUST			
Day	Date	Time	Comments
Tuesday	1-Aug		OFF
Wednesday	2-Aug	630-745a	Weights/Conditioning (Turn in physicals)
Thursday	3-Aug		OFF
Friday	4-Aug		OFF
Saturday	5-Aug		OFF
Sunday	6-Aug		OFF
Monday	7-Aug	630-745a	Weights/Conditioning (Turn in physicals)
Tuesday	8-Aug		OFF
Wednesday	9-Aug	630-745a	Weights/Conditioning (Turn in physicals)
Thursday	10-Aug		OFF
Friday	11-Aug	9AM	team meeting/equipment check-out
Saturday	12-Aug		OFF
Sunday	13-Aug		OFF
Monday	14-Aug	630-8am, 630-8pm	FIRST DAY OF PRACTICE (helmets for evening)
Tuesday	15-Aug	630-8am, 630-8pm	Helmets-am; Helmets/Shoulder pads - pm
Wednesday	16-Aug	8-10am	Full Gear
Thursday	17-Aug	630-8am, 630-8pm	Full Gear - evening
Friday	18-Aug	8-10am	Full Gear
Saturday	19-Aug		OFF
Sunday	20-Aug		OFF
Monday	21-Aug	630-8am, 630-8pm	Helmets-am; Helmets/Shoulder pads - pm
Tuesday	22-Aug	630-8am, 630-8pm	Full Gear - evening
Wednesday	23-Aug	8-10am	Full Gear
Thursday	24-Aug	630-8am, 630-8pm	Helmets-am; Helmets/Shoulder pads - pm
Friday	25-Aug	9-10am, 6pm	Practice am - no equip/SCRIMMAGE-Late night
Saturday	26-Aug		OFF
Sunday	27-Aug		OFF
Monday	28-Aug	330-530pm	full gear
Tuesday	29-Aug	330-530pm	helmets/shoulder pads
Wednesday	30-Aug	340-515pm	first day of school:) full gear
Thursday	31-Aug	340-5	helmets only
FRIDAY	Sept. 1	GAME	AT VALLEY HEIGHTS - 7PM

**BE AT YOUR BEST WHEN YOUR BEST IS  
NEEDED**