

Heat Acclimation and 2-A-Day Practice Schedule

- Monday (Aug 5) (ATTIRE – UPPERS)
 - 8:00 AM to 10:30 AM
 - 1:00 PM to 3:30 PM
- Tuesday (Aug 6) (ATTIRE – UPPERS)
 - 8:00 AM to 11:00 AM
- Wednesday (Aug 7) (ATTIRE – UPPERS)
 - 8:00 AM to 10:30 AM
 - 1:00 PM to 3:30 PM
- **Thursday (Aug 8) (ATHLETIC)**
 - **8:45 AM to 11:00 AM**
 - **@ Refreshing Mountain**
 - **Gold Card Blitz and Pizza Party**
 - **Players should return to the High School by 5 PM**
 - **Players will be going door to door to sell Gold Cards**
 - **Pizza Party to follow**
- Friday (Aug 9) (ATTIRE – UPPERS)
 - 8:00 AM to 10:30 AM
 - 1:00 PM to 3:30 PM
- Monday (Aug 13)
 - 8:00 AM to 10:30 AM (FULL)
 - 1:00 PM to 3:30 PM (FULL)
- Tuesday (Aug 13)
 - 8:00 AM to 10:30 AM (FULL)
 - 1:00 PM to 3:30 PM (FULL)
- Wednesday (Aug 14)
 - 8:00 AM to 10:30 AM (FULL)
 - 1:00 PM to 2:30 PM (UPPERS) *****Players dismissed after this Practice*****
 - 6:00 PM to 8:30 PM (FULL)
- Thursday (Aug 15)
 - 8:00 AM to 10:30 AM (FULL)
 - 1:00 PM to 3:30 PM (FULL)
- Friday (Aug 16)
 - Pictures 8:00 AM to 9:30 AM
 - 10:00 AM to 11:30 AM (FULL)
- Saturday (Aug 17)
 - vs. Eastern York 10 AM to 12 PM