

7th Grade **June**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
				OFF	OFF	OFF
2	3	4	5	6	7	8
OFF	OFF	OFF	OFF	OFF	OFF	OFF
9	10	11	12	13	14	15
OFF	OFF	OFF	OFF	OFF	OFF	OFF
OFF	Strength & 17 Conditioning 10 AM – 1130 AM @ General Sherman	Strength & 18 Conditioning 10 AM – 1130 AM @ General Sherman	Strength & 19 Conditioning 10 AM – 1130 AM @ General Sherman	Strength & 20 Conditioning 10 AM – 1130 AM @ General Sherman	OFF	OFF
OFF 23	Strength & 24 Conditioning 10 AM – 1130 AM @ General Sherman	Strength & 25 Conditioning 10 AM – 1130 AM @ General Sherman	Strength & 26 Conditioning 10 AM – 1130 AM @ General Sherman	Strength & 27 Conditioning 10 AM – 1130 AM @ General Sherman	28 OFF	29 OFF
OFF						



7th Grade **July**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Strength & 1 Conditioning 10 AM – 1130 AM @ General Sherman	Strength & 2 Conditioning 10 AM – 1130 AM @ General Sherman	Strength & 3 Conditioning 10 AM – 1130 AM @ General Sherman	4 OFF	5 OFF	6 OFF
7 OFF	Camp Day 1 8 9 AM – 1130 AM @ General Sherman	Camp Day 2 9 9 AM – 1130 AM @ General Sherman	Camp Day 3 10 9 AM – 1130 AM @ General Sherman	Camp Day 4 11 9 AM – 1130 AM @ General Sherman	12 OFF	OFF
OFF	Camp Day 5 15 9 AM – 1130 AM @ General Sherman	Camp Day 6 16 9 AM – 1130 AM @ General Sherman	Camp Day 7 17 9 AM – 1130 AM @ General Sherman	Camp Day 8 18 9 AM – 1130 AM @ General Sherman	19 OFF	20 OFF
OFF 21	OFF	OFF	OFF	25 OFF	26 OFF	27 OFF
28 OFF	29 Jr. Gales Camp @ Fulton Field 12:00 – 3:00 PM	30 Jr. Gales Camp @ Fulton Field 12:00 – 3:00 PM	31 OFF	1 st Day of Practice 9 AM – 1100 AM @ General Sherman Helmets		



7th Grade **August**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Practice 1 9 AM – 1100 AM @ General Sherman	Practice 2 9 AM – 1100 AM @ General Sherman	Practice 3 9 AM – 1100 AM @ General Sherman
				Helmets	Helmets	Shells
4	Practice 9 AM – 1100 AM @ General Sherman	Practice 9 AM – 1100 AM @ General Sherman	Practice 7 9 AM – 1100 AM @ General Sherman	Practice 9 AM – 1100 AM @ General Sherman	Practice 9 9 AM – 1100 AM @ General Sherman	10
	Shells	Full Pads	Full Pads	Full Pads	Full Pads	
11	Practice 12 9 AM – 1100 AM @ General Sherman	Practice 9 AM – 1100 AM @ General Sherman	Practice 9 AM – 1100 AM @ General Sherman	Practice 15 9 AM – 1100 AM @ General Sherman	Practice 16 9 AM – 1100 AM @ General Sherman	17
	Full Pads	Full Pads	Full Pads	Full Pads	Full Pads	
18	Practice 19 3 PM – 5 PM @ General Sherman	20 4- Way Scrimmage 5:30 @ Thomas Ewing	Practice 21 3 PM – 4 PM @ General Sherman	Practice 22 3 PM – 5 PM @ General Sherman	Practice 23 3:00 – 4:30 @ General Sherman	24
	Full Pads		Shells	Full Pads Practice	Shells	
25	Practice 26 3 PM – 5 PM @ General Sherman Full Pads	Practice 27 3 PM – 5 PM @ General Sherman	Game 28 5:30 PM Home w/Sheridan	3 PM – 4 PM 29 @ General Shermar	30	31
		Full Pads				



8th Grade **June**



Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
							1
					OFF	OFF	OFF
	2	3	4	5	6	7	8
OFF		OFF	OFF	OFF	OFF	OFF	OFF
	9	10	11	12	13	14	15
OFF		OFF	OFF	OFF	OFF	OFF	OFF
OFF 1	L6	Strength & 17 Conditioning 10 AM – 1130 AM @ General Sherman	Strength & 18 Conditioning 10 AM – 1130 AM @ General Sherman	Strength & 19 Conditioning 10 AM – 1130 AM @ General Sherman	Strength & 20 Conditioning 10 AM – 1130 AM @ General Sherman	OFF	OFF
OFF 2	23	Strength & 24 Conditioning 10 AM – 1130 AM @ General Sherman	Strength & 25 Conditioning 10 AM – 1130 AM @ General Sherman	Strength & 26 Conditioning 10 AM – 1130 AM @ General Sherman	Strength & 27 Conditioning 10 AM – 1130 AM @ General Sherman	28 OFF	OFF
OFF 3	30						



8th Grade July



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Strength & 1 Conditioning 10 AM – 1130 AM @ General Sherman	Strength & 2 Conditioning 10 AM – 1130 AM @ General Sherman	Strength & 3 Conditioning 10 AM – 1130 AM @ General Sherman	4	5 OFF	6
7	Camp Day 1 8 9 AM – 1130 AM @ General Sherman	Camp Day 2 9 9 AM – 1130 AM @ General Sherman	Camp Day 3 10 9 AM – 1130 AM @ General Sherman	Camp Day 4 11 9 AM – 1130 AM @ General Sherman	OFF	13
14	Camp Day 5 15 9 AM – 1130 AM @ General Sherman	Camp Day 6 16 9 AM – 1130 AM @ General Sherman	Camp Day 7 17 9 AM – 1130 AM @ General Sherman	Camp Day 8 18 9 AM – 1130 AM @ General Sherman	19 OFF	20
21	OFF	OFF	OFF	25 OFF	26	27
28	29 Jr. Gales Camp @ Fulton Field 12:00 – 3:00 PM	Jr. Gales Camp @ Fulton Field 12:00 – 3:00 PM	OFF	1st Day of Practice 9 AM – 1100 AM @ General Sherman Helmets		



8th Grade August



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Practice 1 9 AM – 1100 AM @ General Sherman	Practice 2 9 AM – 1100 AM @ General Sherman	Practice 3 9 AM – 1100 AM @ General Sherman
				Helmets	Helmets	Shells
4	Practice 5 9 AM – 1100 AM @ General Sherman	Practice 9 AM – 1100 AM @ General Sherman	Practice 7 9 AM – 1100 AM @ General Sherman	Practice 9 AM – 1100 AM @ General Sherman	Practice 9 9 AM – 1100 AM @ General Sherman	10
	Shells	Full Pads	Full Pads	Full Pads	Full Pads	
11	Practice 9 AM – 1100 AM @ General Sherman	Practice 9 AM – 1100 AM @ General Sherman	Practice 9 AM – 1100 AM @ General Sherman	Practice 15 9 AM – 1100 AM @ General Sherman	Practice 9 AM – 1100 AM @ General Sherman	17
	Full Pads	Full Pads	Full Pads	Full Pads	Full Pads	
18	Practice 19 3 PM – 5 PM @ General Sherman	Practice 20 3 PM – 4 PM @ General Sherman	21 4- Way Scrimmage 5:30 @ Thomas Ewing	Practice 22 3 PM – 5 PM @ General Sherman	Practice 23 3:00 – 4:30 @ General Sherman	24
	Full Pads	Shells		Full Pads	Shells	
25	Practice 26 3 PM – 5 PM @ General Sherman	Practice 27 3 PM – 5 PM @ General Sherman	Practice 28 3 PM – 4 PM @ General Sherman	Game 29 5:30 PM @Brookpark MS	30	31
	Full Pads	Full Pads	Shells			