



# Brookwood Football

# July 2009

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
							1		2		3		4
<b>GHSA Mandated Off week: No practice / workouts</b>												INDEPENDENCE DAY HOLIDAY!	
	5	(Wk out 15)	6		7	(Wk out 16)	8	(17) & (18)	9		10		11
		Weight Training <u>Lift a Thon Assignments</u> After morn. Workout		<b>PASSING LEAGUE</b> 6:00pm Lineman School		Weight Training		Weight Training am  <b>AGILITIES</b> All Varsity Players @ 5:00 p.m. <small>Wrestling room</small>					
	12	(Wk out 19)	13		14	(Wk out 20)	15	(21) & (22)	16		17		18
		Weight Training  Issue Lift a Thon Information and Instructions		<b>PASSING LEAGUE</b> 6:00pm Lineman School		Weight Training		Weight Training  <b>AGILITIES</b> All Varsity Players @ 5:00 p.m.					
YOUTH CAMPS: 7 <sup>th</sup> & 8 <sup>th</sup> Grade Camp, Mon – Wed 6:00 - 8:30 p.m. 1st through 6 <sup>th</sup> Grade Camps, Mon – Fri 9 a.m. – 12:00													
	19		20		21		22		23		24		25
		<u>TD CLUB Parents Meeting 7:00 p.m.</u> All Grades 9-12  Players report at 6:15 <small>Coaches Meeting</small>		<u>Conditioning Test</u> 8:00 a.m. <small>All non exempt varsity players</small> <u>Team Meeting 3:00</u> <b>IRON BRONCO COMP</b>		<u>Team Meeting 2:00</u>  <u>Practice 4:00</u> Helmets/Shorts		<u>Practice 4:00</u> Helmets/Shorts		<u>Practice 4:00</u> Helmets/Shorts			
	26		27		28		29		30		31	AUGUST	1
	Youth League Coaches' Clinic 2:00	Two-a-Days Helmets/Shorts 8:00 practice 2:00 Skull Meetings 4:00 Practice		Two-a-Days Helmets/Shorts 8:00 practice 2:00 Skull Meetings 4:00 Practice		Two-a-Days Helmets/Shorts 8:00 practice 2:00 Skull Meetings 4:00 Practice		<b>Lift-a-thon</b> All Players 9-12 (No Morning Practice) 2:00 Skull Meetings 4:00 Practice <small>IV Meeting Equip</small>		Two-a-Days Helmets/Shorts 8:00 practice 2:00 Skull Meetings 4:00 Practice		<b>Press Day!!</b>  <small>(1<sup>st</sup> day GHSA allows Shoulder Pads.</small>	
<b>LIFT-A-THON</b> <b>ALL PLAYERS: 9<sup>th</sup> through 12<sup>th</sup></b> You will be given instructions by your coaches during the week of July 13th. You will meet by grade/team levels on August 30 <sup>th</sup> <b>Lift a thon Money (\$150.00) is due by August 4<sup>th</sup>.</b>													

**GHSA Rules Meeting @ Brookwood 7 pm**

**NOTICE! Parent**