

Remind class name: CMS Football 2022-23

Remind code: @fbcms22-23

JULY

FOOTBALL & WEIGHTROOM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 rd DEAD PERIOD BEGINS	4 th X	5 th X	6 th X	7 th X	8 th X	9 th DEAD PERIOD ENDS
10 th NO FB PRACTICE 8am-9am Weights-Training (J. Ledford)	11 th 7am-8am OFFENSIVE Skill-Training 8am-9am Weights-Training (J. Ledford)	12 th NO FB PRACTICE 8am-9am Weights-Training (J. Ledford)	13 th 7am-8am DEFENSIVE Skill-Training 8am-9am Weights-Training (J. Ledford)	14 th NO FB PRACTICE	15 th	16 th
17 th DEAD PERIOD BEGINS	18 th X	19 th X	20 th X	21 st X	22 nd X	23 rd DEAD PERIOD ENDS
24 th 7am-8am OFFENSIVE Skill-Training	25 th 7am-8am DEFENSIVE Skill-Training	26 th SUMMER END				