

Remind class name: CMS Football 2022-23

Remind code: @fbcms22-23

JUNE

FOOTBALL & WEIGHTROOM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 th NO FB PRACTICE NO TRAINING	6 th NO FB PRACTICE NO TRAINING	7 th NO FB PRACTICE NO TRAINING	8 th NO FB PRACTICE NO TRAINING	9 th N/A	10 th N/A	11 th N/A
12 th NO FB PRACTICE 8am-9am Weights-Training (J. Ledford)	13 th 7am-8am OFFENSIVE Skill-Training 8am-9am Weights-Training (J. Ledford)	14 th NO FB PRACTICE 8am-9am Weights-Training (J. Ledford)	15 th 7am-8am DEFENSIVE Skill-Training 8am-9am Weights-Training (J. Ledford)	16 th N/A	17 th N/A	18 th N/A
19 th NO FB PRACTICE 8am-9am Weights-Training (J. Ledford)	20 th 7am-8am OFFENSIVE Skill-Training 8am-9am Weights-Training (J. Ledford)	21 st NO FB PRACTICE 8am-9am Weights-Training (J. Ledford)	22 nd 7am-8am DEFENSIVE Skill-Training 8am-9am Weights-Training (J. Ledford)	23 rd N/A	24 th N/A	25 th N/A
26 th NO FB PRACTICE 8am-9am Weights-Training (J. Ledford)	27 th 7am-8am OFFENSIVE Skill-Training 8am-9am Weights-Training (J. Ledford)	28 th NO FB PRACTICE 8am-9am Weights-Training (J. Ledford)	29 th 7am-8am DEFENSIVE Skill-Training 8am-9am Weights-Training (J. Ledford)	30 th		