

### **Football Summer Schedule**

July 6-July 18

#### Conditioning

Mon/Wed/Fri

Group 1 (Jr/Sr) – 7:30-9 am

Group 2 – (BB/Soph) – 9:30-11 am

#### Open Field

Tues/Thurs 7:45-11 am

No pads/no contact/no locker rooms/bring own water bottles

July 20-25

#### Conditioning

Mon/Tues/Wed/Thurs

Group 1 (Jr/Sr) – 7:30-9 am

Group 2 (BB/Soph) – 11:40 am-12:30pm

#### Open Field

Mon/Tues/Wed/Thurs 9:30-11:30 am

No locker rooms/bring own water bottles

#### Camp

Mon-Thurs, 56er Camp 4:30-6:30 pm

Mon-Thurs, Middle School Camp 5-7 pm

Mon-Wed, Freshman Camp 6:30-8 pm

Thursday – Organizational Meeting

Sunday – BCFAA Golf Scramble

July 27-Aug 1

#### Conditioning

Mon/Tues/Wed/Thurs

Group 1 (Jr/Sr) – 7:30-9 am

Group 2 (BB/Soph) – 11:40 am-12:30pm

#### Open Field

Mon/Tues/Wed/Thurs 9:30-11:30 am

No locker rooms/bring own water bottles

### **Boys Basketball Summer Schedule**

July 7,9,14,16

#### Practice 5:30-7:30 pm

Incoming 9-12<sup>th</sup> grade

Non Football players stay for weight training – 7:30-8:30 pm

July 20, 22, 24

#### Camp

Incoming 6<sup>th</sup> grade – 10-11 am

Incoming 7<sup>th</sup> grade – 11 am-12 pm

Incoming 8<sup>th</sup> grade – 12-1 pm

July 20-31

#### Practice

Mon/Wed/Fri

Incoming 9<sup>th</sup>-12<sup>th</sup>

6:50-9 am

Non Football players stay for weight training 9-10 am

### **Summer Baseball Schedule**

July 6, 8, 13, 15, 28, 30

#### Practice 5-7:45 pm

Conditioning (Non football/Basketball players) 7:45-8:30 pm

July 21, 23

#### Practice 2:30-5:15 pm

Conditioning (Non Football/Basketball players) 5:15-6 pm