



# MARINER FOOTBALL

## 2019

### INFORMATION AND CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
July 28 <sup>th</sup> Week 10	July 29 <sup>th</sup> 8:30am-11:00am <b>Performance Training</b> <b>Full Team</b>	July 30 <sup>th</sup> 8:30am-11:00am <b>Performance Training</b> <b>Full Team</b>	July 31 <sup>st</sup> 8:30am-11:00am <b>Performance Training</b> <b>Full Team</b>	August 1 <sup>st</sup> 8:30am-11:00am <b>Performance Training</b> <b>Full Team</b>	August 2 <sup>nd</sup>	August 3 <sup>rd</sup>
August 4 <sup>th</sup>	August 5 <sup>th</sup> 8:30am-11:00am <b>Performance Training</b> <b>Full Team</b>	August 6 <sup>th</sup> 8:30am-11:00am <b>Performance Training</b> <b>Full Team</b>	August 7 <sup>th</sup> 8:30am-11:00am <b>Performance Training</b> <b>Full Team</b>	August 8 <sup>th</sup> 8:30am-11:00am <b>Performance Training</b> <b>Full Team</b>	August 9 <sup>th</sup>	August 10 <sup>th</sup>
August 11 <sup>th</sup>	August 12 <sup>th</sup> 8:30am-11:00am <b>Performance Training</b> <b>Full Team</b>	August 13 <sup>th</sup> 8:30am-11:00am <b>Performance Training</b> <b>Full Team</b> <b>Football Parent Meet</b> 7:00pm-8:00pm	August 14 <sup>th</sup> 8:30am-11:00am <b>Performance Training</b> <b>Full Team</b>	August 15 <sup>th</sup> 8:30am-11:00am <b>Performance Training</b> <b>Full Team</b>	August 16 <sup>th</sup>	August 17 <sup>th</sup>
August 18 <sup>th</sup>	August 19 <sup>th</sup> 8:30am-11:00am <b>Performance Testing</b> <b>Full Team</b>	August 20 <sup>th</sup> 8:30am-11:00am <b>Performance Testing</b> <b>Full Team</b>	August 21 <sup>st</sup> <b>Performance Training</b> 11:30am-12:15pm <b>Team/Group Meetings</b> 12:30pm-2:00pm <b>01-Practice (Helmets)</b> 2:30pm-5:30pm	August 22 <sup>nd</sup> <b>Performance Training</b> 11:30am-12:15pm <b>Team/Group Meetings</b> 12:30pm-2:00pm <b>02-Practice (Helmets)</b> 2:30pm-5:30pm	August 23 <sup>th</sup> <b>Performance Training</b> 11:30am-12:15pm <b>Team/Group Meetings</b> 12:30pm-2:00pm <b>03-Practice (Helmets)</b> 2:30pm-5:30pm	August 24 <sup>th</sup> <b>04-Practice (Full Pads)</b> 8:00am-10:30am
August 25 <sup>th</sup>	August 26 <sup>th</sup> <b>Performance Training</b> 11:45am-12:30pm <b>Team/Group Meetings</b> 1:00pm-2:00pm <b>05-Practice(Full Pads)</b> 2:30pm-5:30pm	August 27 <sup>th</sup> <b>Team Pictures</b> 11:30am-1:00pm <b>06-Practice (Helmets)</b> 2:30pm-5:30pm	August 28 <sup>th</sup> <b>Performance Training</b> 11:45am-12:30pm <b>Team/Group Meetings</b> 1:00pm-2:00pm <b>07-Practice (Full Pads)</b> 2:30pm-5:30pm	August 29 <sup>th</sup> <b>Performance Training</b> 11:45am-12:30pm <b>Team/Group Meetings</b> 1:00pm-2:00pm <b>08-Practice (Full Pads)</b> 2:30pm-5:30pm	August 30 <sup>th</sup> <b>Performance Training</b> 11:45am-12:30pm <b>Team/Group Meetings</b> 1:00pm-2:00pm <b>09-Practice(Full Pads)</b> 2:30pm-5:30pm	August 31 <sup>st</sup> <b>10-Practice (Full Pads)</b> 8:00am-10:30am
September 1 <sup>st</sup>	September 2 <sup>nd</sup> <b>Performance Training</b> 11:45am-12:30pm <b>Team/Group Meetings</b> 1:00pm-2:00pm <b>12-Practice(Full Pads)</b> 2:30pm-5:30pm	September 3 <sup>rd</sup> <b>Performance Training</b> 11:45am-12:30pm <b>Team/Group Meetings</b> 1:00pm-2:00pm <b>11-Practice(Full Pads)</b> 2:30pm-5:30pm	September 4 <sup>th</sup> <b>Team/Group Meetings</b> 2:30pm-2:55pm <b>13-Practice(Full Pads)</b> 3:10pm-5:40pm First Day of School	September 5 <sup>th</sup> <b>Team/Group Meetings</b> 2:30pm-2:55pm <b>14-Practice(Full Pads)</b> 3:10pm-5:40pm <b>Team Dinner</b>	September 6 <sup>th</sup> <b>Varsity Game 1</b> <b>@</b> <b>Arlington</b> 7pm	