

KHS Football Parents, Players & Families,

We will begin on August 16th in preparation for our first varsity game on September 1st, and our first C-Team game on September 6th. Abiding by WIAA rules, each player must have 12 practices to be eligible for their first competition. Weight training is open daily Monday- Thursday, 9:00 am-12:00 pm in the storage barn by the field due to maintenance in the gym. Conditioning will continue Tuesday and Thursday evenings on the field from 7:00-8:15 pm until 8/10/17. Please take a look at the schedule below so we can have all players eligible for their first game.

### **Week 1**

**Wed:** 8/16- 9:00 am-12:00 pm

**Thurs:** 8/17- 9:00 am-12:00 pm

**Fri:** 8/18- 9:00 am-12:00 pm

**Sat:** 8/19- 8:00 am-10:00 am

### **Week 2**

**Mon:**8/21- **Double-** 9:00 am-12:00 pm **AND** 3:00- 6:00 pm

**Tues:** 8/22- **Double-** 9:00 am-12:00 pm **AND** 3:00- 6:00 pm

**Wed:** 8/23- **Double-**9:00 am-12:00 pm **AND** 3:00-6:00 pm

**Thurs:** 8/24- **Double-** 9:00 am-12:00 pm **AND** 3:00- 6:00 pm

**Friday:** 8/25- **Double-** 9:00 am-12:00 pm **AND** 3:00- 6:00 pm

**Saturday:** 8/26- Jamboree @ Silverdale Stadium (Olympic, KHS, Klahowya) Time: TBD

### **Week 3: Game Week**

**Monday:** 8/28- 3:00- 6:00 pm

**Tues:** 8/29-3:00- 6:00 pm

**Wed:** 8/30- 3:00- 6:00 pm

**Thurs:** 8/3- 3:00- 6:00 pm

**Friday:** 9/1- **GAME DAY @ KHS VS. Sammamish, 7:00 pm**

**Sat:** 9/2- Recovery workout/Film review

We look forward to seeing the kids on the 16th. Go Bucs!

Thanks,

Coach Grimm



