



2018 MOUNT VERNON HS SPRING AND SUMMER FOOTBALL

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
	21 Equipment Issue 7:00-7:55 AM 2:30-3:30 PM	22 Equipment Issue 7:00-7:55 AM 2:30-3:30 PM	23 Equipment Issue 7:00-7:55 AM 2:30-3:30 PM	24 Equipment Issue 7:00-7:55 AM 2:30-3:30 PM	25 Equipment Issue 7:00-7:55 AM 2:30-3:30 PM	26 No Practice
27 No Practice	28 Memorial Day- No Practice	29 Practice 1 2:55-6:00 PM (MANDATORY PARENT MEETING 5:00 PM AT Football Field or in Gym if Rains)	30 Practice 2 2:55-6:00 PM	31 Practice 3 2:55-6:00 PM		

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Practice #4 2:55-6:00 PM	2 No Practice
3 No Practice	4 Practice 5 2:55-6:00 PM	5 Practice 6 2:55-6:00 PM	6 Practice 7 2:55-6:00 PM	7 Practice 8 2:55-6:00 PM	8 Practice 9 2:55-6:00 PM	9 No Practice
10 No Practice	11 Practice 10 2:55-6:00 PM	12 Practice 11 2:55-6:00 PM	13 Practice 12 2:55-6:00 PM	14 Practice 13 2:55-6:00 PM	15 Practice 14 2:55-6:00 PM	16 No Practice
17 No Practice	18 Weight Room 5:30-7:00 pm (JW)	19 No Practice	20 Weight Room 5:30-7:00 pm (JW)	21 Weight Room 5:30-7:00 pm (JW)	22 No Practice	23 No Practice

24 No Practice	25 Weight Room 5:30 PM- 7:00 PM (RH)	26 No Practice	27 Weight Room 5:30 PM- 7:00 PM (RH)	28 Weight Room 5:30 PM- 7:00 PM (RH)	29 No Practice	30 No Practice
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JULY

SUN	MON	TUE	WED	THU	FRI	SAT
1 <u>Weight Room Closed</u>	2 <u>Weight Room Closed/No Practice</u>	3 <u>Weight Room Closed/No Practice</u>	4 <u>Weight Room Closed/No Practice</u>	5 <u>Weight Room Closed/No Practice</u>	6 <u>Weight Room Closed/No Practice</u>	7 No Practice
8 No Practice	9 Weight Room 9:00 AM- 10:30 AM (JW)	10 No Practice	11 Weight Room 9:00 AM- 10:30 AM (JW)	12 Weight Room 9:00 AM- 10:30 AM (JW)	13 No Practice	14 No Practice
15 No Practice	16 Weight Room 5:30 PM- 7:00 PM (RH)	17 No Practice	18 Weight Room 5:30 PM- 7:00 PM (RH)	19 Weight Room 5:30 PM- 7:00 PM (RH)	20 No Practice	21 No Practice
22 No Practice	23 Practice 15 4:55-8:00 PM Weight Room 9:00 AM- 10:30 AM (JW)	24 Practice 16 4:55-8:00 PM	25 Practice 17 4:55-8:00 PM Weight Room 9:00 AM- 10:30 AM (JW)	26 Practice 18 4:55-8:00 PM Weight Room 9:00 AM- 10:30 AM (JW)	27 Practice 19 4:55-8:00 PM	28 Lakewood 7 on 7 Tourney Bus Leaves 7:00 AM (20). Return time depends on how far we advance in tourney
29 No Practice	30 Weight Room 5:30 PM- 7:00 PM (RH)	31 No Practice				



AUGUST

Athletes must participate in 12 fall practices from August 15-August 30 to be eligible to play in the first game (AUG 31)

SUN	MON	TUE	WED	THU	FRI	SAT
			<u>1</u> Weight Room 5:30 PM- 7:00 PM (RH)	<u>2</u> Weight Room 5:30 PM- 7:00 PM (RH)	<u>3</u> No Practice	<u>4</u> No Practice
<u>5</u> No Practice	<u>6</u> Weight Room 5:30 PM- 7:00 PM (RH)	<u>7</u> No Practice	<u>8</u> Weight Room 5:30 PM- 7:00 PM (RH)	<u>9</u> Weight Room 5:30 PM- 7:00 PM (RH)	<u>10</u> No Practice	<u>11</u> No Practice
<u>12</u> No Practice	<u>13</u> Coaches Only Meeting No Practice	<u>14</u> Coaches Only Meeting No Practice	<u>15</u> Practice 1 4:55-8:00 PM	<u>16</u> Practice 2 4:55-8:00 PM	<u>17</u> Practice 3 4:55-8:00 PM	<u>18</u> Practice 4 6:55-10:00 AM
<u>19</u> No Practice	<u>20</u> Practice 5 4:55-8:00 PM	<u>21</u> Practice 6 4:55-8:00 PM	<u>22</u> Practice 7 4:55-8:00 PM	<u>23</u> Practice 8 4:55-8:00 PM	<u>24</u> Practice 9 4:55-8:00 PM	<u>25</u> Practice 10 6:55-10:00 AM
<u>26</u> Coaches Only Meeting No Practice	<u>27</u> Practice 11 4:55-8:00 PM	<u>28</u> Practice 12 4:55-8:00 PM	<u>29</u> Practice 13 4:55-8:00 PM	<u>30</u> Practice 14 4:55-8:00 PM	<u>31</u> 1st Varsity Game vs. Burlington 7:00	