



EVERETT FOOTBALL

SPRING & SUMMER 2018

DATE / DAY	TIME	EVENT	PRAC #	PADs #	LOCATION
5-14 / Mon – 5-17 / Thurs	2:30-4:30PM	Weights, Agilities, & Conditioning			EHS Weight Room
5-18 / Fri	12:20 – 1:30 PM	Competition Friday			EHS Weight Room
5-21 / Tues – 5-24 / Thurs	2:30-4:30PM	Weights, Agilities, & Conditioning			EHS Weight Room
5-25 / Fri	12:20 – 1:30 PM	Competition Friday			EHS Weight Room
5-29 / Tues – 5-31 / Thurs	2:30-4:30PM	Weights, Agilities, & Conditioning			EHS Weight Room
6-1 / Fri	12:20 – 1:30 PM	Competition Friday			EHS Weight Room
6-4 / Mon – 6-7 / Thurs	2:30-4:30PM	Weights, Agilities, & Conditioning			EHS Weight Room
6-8 / Fri	12:20 – 1:30 PM	Competition Friday			EHS Weight Room
	1:30 – 3:30 PM	Helmet Issue			Equipment Room
6-11 / Mon & 6-12 / Tues	2:30-3:30PM	Weight Workout			EHS Weight Room
	4:00-6:30pm	Football Practice (Helmets & Shorts)	1 & 2		Everett Memorial
6-13 / Wed	2:30-3:30PM	Weight Workout			EHS Weight Room
	4:00-6:30pm	Football Practice (Helmets & Shorts)	3		Everett Memorial
6-14 / Thurs & 6-15 / Fri	FINALS – NO PRACTICE, NO WEIGHT ROOM				
6-16 / Sat	8:30-11:30pm	Football Practice (Full Gear)	4	1	Everett Memorial
6-18 / Mon	FINALS – NO PRACTICE, NO WEIGHT ROOM				



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6-19 / Tues	2:30-3:30PM	Weights, Agilities, & Conditioning			EHS Weight Room
	4:00-6:30pm	Football Practice (Full Gear)	5	2	Everett Memorial
6-20 / Wed	2:30-3:30PM	Weights, Agilities, & Conditioning			EHS Weight Room
	4:00-6:30pm	Football Practice (Full Gear)	6	3	Everett Memorial
6-21 / Thurs	2:30-3:30PM	Weights, Agilities, & Conditioning			EHS Weight Room
	4:00-6:30pm	Football Practice (Full Gear)	7	4	Everett Memorial
6-22 / Fri	2:30-3:30PM	Competition Friday			EHS Weight Room
	4:00-6:30pm	Football Practice (Helmets & Shorts)	8		Everett Memorial
6-23 / Sat	8:30-10:30pm	Football Practice (Full Gear)	9	5	Everett Memorial
6-25 / Mon	2:30-3:30PM	Weights, Agilities, & Conditioning			EHS Weight Room
	4:00-6:30pm	Football Practice (Full Gear)	10	6	Everett Memorial
6-26 / Tues	2:30-3:30PM	Weights, Agilities, & Conditioning			EHS Weight Room
	4:00-6:30pm	Football Practice (Full Gear)	11	7	Everett Memorial
6-27 / Wed	9:00am-5:00pm Leave Time TBD	SCRIMMAGE	12	8	KINGS HIGH SCHOOL



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6-28 / Thurs	2:30-3:30PM	Weights, Agilities, & Conditioning			EHS Weight Room
	4:00-6:30pm	Football Practice (Shorts & Helmets)	13		Everett Memorial
6-29 / Fri	2:30-3:30PM	Weights, Agilities, & Conditioning			EHS Weight Room
	4:00-6:30pm	Football Practice (TBD)	14	*9	Everett Memorial
6-30 / Sat	9:00am-12:00pm	SCRIMMAGE Vs. Lakewood	15	9/10	TBD
7-2 / Mon to 7-8 / Sun	4th of JULY – Spend Time with Family. Good Time to begin Vacations				
7-9 / Mon	2:30-3:30PM	Weights, Agilities, & Conditioning			EHS Weight Room
	4:00-6:30pm	Football Practice 7 on 7 Only (Helmets & Shorts)	16		Everett Memorial
7-10 / Tues	2:30-3:30PM	Weights, Agilities, & Conditioning			EHS Weight Room
7-11 / Wed	2:30-3:30PM	Weights, Agilities, & Conditioning			EHS Weight Room
	4:00-6:30pm	Football Practice 7 on 7 Only (Helmets & Shorts)	17		Everett Memorial
7-12 / Thurs	2:30-3:30PM	Weights, Agilities, & Conditioning			EHS Weight Room
7-16 / Mon to 7-19 Thurs	2:30-3:30PM	Weights, Agilities, & Conditioning			EHS Weight Room
7-22 to 8-5		DEAD PERIOD			