**2019 Federal Way Football**

**Practice Schedule**

In order to be ready for our first **PRACTICE** you must have the following:

* Fill out the **three** forms and submit them at <https://federal-way.rankonesport.com/>
* Have a current physical on file (you can check with Ms. Jordan)

In order to be ready for the first **GAME** you must have the following:

* Purchase an ASB Card
* Have all fines/fees paid in full (including CWU Camp, Tshirts, etc.)

Wednesday, August 21st – 4 pm – 6:30- Practice (Shorts/Tshirts) FWMF

 Helmet/Gear check out following practice

Thursday, August 22nd – 4pm – 6:30 – Practice (Helmets only) FWMF

Friday, August 23rd – 4pm – 6:30– FWMF (Helmets only)

 Fundraiser and Team Meeting – 6:30pm

Saturday, August 24th – 9am – 1pm Practice w/ Team Building emphasis

Full Pads – FWMF

Potluck Lunch 1pm – 2pm All Families invited

Sunday, August 25th – Off

Monday, August 26th – 4 - 8:30 (two practices with a short break) FWMF

Tuesday, August 27th – 4 - 8:30 (two practices with a short break) FWMF

Wednesday, August 28th - 4 - 8:30 (two practices with a short break) FWMF

Thursday, August 29th - 4 - 8:30 (two practices with a short break) FWMF

Friday, August 30th – 2:30 – 5pm – FWMF

Saturday, August 31st – 9am – 11:00 – **Blue and White Scrimmage** FWMF

Sunday, September 1st - Off

Monday, September 2nd – 4 – 6:30pm - FWMF

Tuesday, September 3rd – **First Day of School**

 2:30 – 5:30pm - FWMF

Wednesday, September 4th - 2:30 – 5:30 pm – FWMF

Thursday, September 5th - Pre-game practice/meal

2:30 – 4:15– ½ pack practice

 4:30 – 6:30 – Meetings

 6:30 – 7 - Dinner

Friday, September 6th – **Varsity Game #1 – HOME vs TJ 7pm**

Saturday, September 7th – Off

Sunday, September 8th - Off

Monday, September 9th -

Varsity film/practice 2:30 pm – 4:30pm room TBA

 **JV Game** **– FWMF 4pm**

 **Freshman Game – FWHS Upper Field 4pm**

We will continue to practice everyday after school from 2:30 until 5:30 now that school has started

Go to www.npslathetics.org to see updated game schedules