

**2018/19 CAPITAL FROSH FOOTBALL PRACTICE/GAME SCHEDULE
AUGUST/SEPTEMBER/OCTOBER**

<i>SUNDAY</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
19	AUGUST 20 1 st day of school Early Release Locker checkout Practice # 12 No Bus Meet @ CHS 3:15-5:15pm	21 Practice #13 @ Capital 3:15-5:15pm Buses leave to CHS @ 2:45pm , return to FJH/RJH @ 5:15pm	22 Practice # 14 @ Capital 3:15-5:15pm Buses leave to CHS @ 2:45pm , return to FJH/RJH @ 5:15pm	23 Game 1 vs. Timberline @ CHS 4:30pm	24 No Practice Go to Varsity vs. Timberline, 7PM. Donna Larson Park, (DLP)	25
26	27 RP	28 RP	29 RP	30 Game 2 @ Mountain View 6:00pm	31 No Practice	SEPT 1
2	3 Labor Day Practice @ CHS 5-6:30pm	4 RP	5 RP	6 Game 3 vs. Rocky @ CHS 4:30pm	7 No Practice	8
9	10 RP	11 RP	12 Game 4 Meridian @ CHS 4:30pm	13 AGP (TBA)	14 No Practice	15
16	17 RP	18 RP	19 RP	20 Game 5 @ Borah 4:30pm	21 No Practice	22
23	24 RP	25 RP	26 RP	27 Game 6 vs. Skyview 6:00pm	28 No Practice	29

OCTOBER

<i>SUNDAY</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
30	OCT. 1 RP	2 RP	3 RP	4 Game 7 vs. Centennial @ CHS 4:30pm	5 No Practice	6
7	8 RP	9 RP	10 Game 8 vs. Eagle @ CHS 4:00pm	11 AGP (TBA)	12 No Practice	13
14	15 RP	16 RP	17 RP	18 Game 9 @ Boise (DLP) 4:00pm	19 Hand in gear & Team Party	20

RP-Regular Practice @ CHS (buses leave schools at 2:45) Practice 3-5:15 pm (return to FJH/RJH by 5:30pm)

AGP-After Game Practice (no bus). FJH practice at FJH, RJH practice at RJH, 2:45-3:15pm. Please note we do **not have practice** on most Fridays. We hope players will go to the varsity games if possible or have family time. Go to www.capitalfootballfamily.com for more Capital football information. Contact Head Coach Paul Altorfer, paul.altorfer@boiseschools.org or 869-1993. If you have questions or concerns, or if you are going to miss a practice or game, please communicate with me.