

CAPITAL FOOTBALL JULY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	OFF	OFF	OFF	OFF	OFF	
7	8	9	10	11	12	13
	<u>10-12 Workout #16</u> 8:00-10:00AM <u>7-9 Workout #13</u> 10:00-11:30AM	<u>10-12 Workout #17</u> 8:00-10:00AM <u>7-9 Workout #14</u> 10:00-11:30AM <u>7 on 7 w/Rocky</u> @ 9:00AM @ Rocky	<u>10-12 Workout #18</u> 8:00-10:00AM <u>7-9 Workout #15</u> 10:00-11:30AM	<u>10-12 Workout #19</u> 8:00-10:00AM <u>7-9 Workout #16</u> 10:00-11:30AM	SOUTHERN IDAHO PASSING TOURNEY OPTIMIST FIELDS <u>VARSITY & JV</u>	PASSING TOURNEY & LINEMEN CHALLENGE
14	15	16	17	18	19	20
	<u>10-12 Workout #20</u> 8:00-10:00AM <u>7-9 Workout #17</u> 10:00-11:30AM	<u>10-12 Workout #21</u> 8:00-10:00AM <u>7-9 Workout #18</u> 10:00-11:30AM	<u>10-12 Workout #22</u> 8:00-10:00AM <u>7-9 Workout #19</u> 10:00-11:30AM <u>7 on 7 w/Borah 9:15</u>	<u>10-12 Workout #23</u> 8:00-10:00AM <u>7-9 Workout #20</u> 10:00-11:30AM		
21	22	23	24	25	26	27
	<u>10-12 Workout #21</u> 8:00-10:00AM <u>7-9 Workout #13</u> 10:00-11:30AM	<u>10-12 Workout #22</u> 8:00-10:00AM <u>7-9 Workout #13</u> 10:00-11:30AM	<u>10-12 Workout #23</u> 8:00-10:00AM <u>7-9 Workout #13</u> 10:00-11:30AM	<u>10-12 Workout #24</u> 8:00-10:00AM <u>7-9 Workout #13</u> 10:00-11:30AM		
28	29	30	31	1	2	3
	<u>10-12 Workout #28</u> 8:00-10:00AM <u>7-9 Workout #25</u> 10:00-11:30AM	<u>10-12 Workout #29</u> 8:00-10:00AM <u>7-9 Workout #26</u> 10:00-11:30AM	OFF	OFF	OFF	OFF

EVENTS

Southern Idaho Passing Tourney

This two day 7 on 7 tourney is one of the highlights of the summer. We will enter JV & Varsity teams. Located @ the Optimist Fields

Southern Idaho Linemen Challenge

One day skills & strength competition of for our Offensive & Defensive Linemen. Located at Optimist Fields

DEAD WEEK IN AUGUST

The state of Idaho has instituted a DEAD period between August 1st & August 12th. Schools, Coaches and Players can have no contact. Please work to stay in shape & keep your strength.