

# CAPITAL FOOTBALL JUNE 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 <u>10-12 Workout #4</u> 8:00-10:00AM <u>7-9 Workout #1</u> 10:00-11:30AM <u>JV Team Camp</u> 10:15-11:45AM	4 <u>10-12 Workout #5</u> 8:00-10:00AM <u>7-9 Workout #2</u> 10:00-11:30AM <u>JV Team Camp</u> 10:15-11:45AM	5 <u>10-12 Workout #6</u> 8:00-10:00AM <u>7-9 Workout #3</u> 10:00-11:30AM <u>JV Team Camp</u> 5:30-7:30PM @ Rocky	6 <u>10-12 Workout #7</u> 8:00-10:00AM <u>7-9 Workout #4</u> 10:00-11:30AM <u>JV Team Camp</u> 5:30-7:30PM @ Rocky	7 RENT AN EAGLE FUNDRAISER	8 RENT AN EAGLE FUNDRAISER
9	10 <u>10-12 Workout #8</u> 8:00-10:00AM <u>7-9 Workout #5</u> 10:00-11:30AM	11 <u>10-12 Workout #9</u> 8:00-10:00AM <u>7-9 Workout #6</u> 10:00-11:30AM	12 <u>10-12 Workout #10</u> 8:00-10:00AM <u>7-9 Workout #7</u> 10:00-11:30AM	13 <u>10-12 Workout #11</u> 8:00-10:00AM <u>7-9 Workout #8</u> 10:00-11:30AM	14 OFF	15 OFF
16	17 <u>10-12 Workout #12</u> 8:00-9:00 <u>Pre-Camp Practice</u> Shells 6:00-7:30PM	18 <u>Leave for Southern</u> @ 7:00AM PM Practice	19 <u>Southern Oregon</u> <u>Team Camp</u>	20 <u>Southern Oregon</u> <u>Team Camp</u>	21 <u>Southern Oregon</u> <u>Team Camp</u>	22 <u>Southern Oregon</u> <u>Team Camp</u> <u>Return from Ashland</u>
23	24 <u>Varsity/JV OFF</u> <u>7-9 Workout #9</u> 10:00-11:30	25 <u>10-12 Workout #13</u> 8:00-10:00AM <u>7-9 Workout #10</u> 10:00-11:30AM	26 <u>10-12 Workout #14</u> 8:00-10:00AM <u>7-9 Workout #11</u> 10:00-11:30AM	27 <u>10-12 Workout #15</u> 8:00-10:00AM <u>7-9 Workout #12</u> 10:00-11:30AM	28 OFF	29 OFF
30						

## EVENTS

### JV TEAM CONTACT CAMP

Cost is \$90.00 (money will be applied to Southern Oregon camp fees if you get invited). Two days at CHS & two nights of scrimmages at Rocky Mtn.

### SOUTHERN OREGON TEAM CAMP

All Seniors/Juniors & invited Sophomores will compete with schools from the Northwest in a great team camp setting. Cost is \$240.00