

2019/20 CAPITAL FROSH FOOTBALL PRACTICE/GAME SCHEDULE AUGUST/SEPTEMBER/OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18	AUGUST 19 RP	20 RP	21 RP	22 RP	23 AGP	24 9-10:15AM Pancakes!
25	26 RP	27 RP	28 RP	29 Game 1 vs. Boise @ CHS 4:30pm	30 No Practice GO TO VARSITY GAME	31
SEPT 1	2 Labor Day No Practice	3 RP	4 RP	5 Game 2 @ Timberline 4:30pm	6 No Practice	7
8	9 RP	10 RP	11	12 Game 3 M. View @ CHS 4:30pm	13 No Practice	14
15	16 RP	17 RP	18 RP	19 Game 4 @ Rocky 6:00pm	20 No Practice	21
22	23 RP	24 RP	25 Game 5 @ Meridian 6:00pm	26 No Practice	27 RP or To Be Determined	28

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30 RP	OCT 1 RP	2 Game 6 Borah @ CHS 4:30pm	3 No Practice	4 RP or To Be Determined	5
6	7 RP	8 RP	9 Game 7 vs. Skyview @ CHS 4:30pm	10 AGP (TBA)	11 No Practice	12
13	14 RP	15 RP	16 RP	17 Game 8 @ Centennial 5:00pm	18 No Practice	19
20	21	22	23	24 Game 9 @ Eagle 6:00pm	25 Hand in gear & Team Party	26

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 208-869-1993. If you have questions or concerns, or if you are going to miss a practice or game, please communicate with me.