

# CAPITAL FOOTBALL July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			OFF	OFF	OFF	4 <sup>TH</sup> OF JULY
5	6	7	8	9	10	11
	Weightroom/Running & Football Drills #19 All grades 8:00-10:00 Non-padded Practice 10:00-11:00 <i>GEAR CHECK FOR JRS/SRS</i>	Weightroom/Running & Football Drills #20 All grades 8:00-10:00 Non-padded Practice 10:00-11:00 <i>GEAR CHECK FOR FROSH/SOPHS</i>	Weightroom/Agilities 8:00-9:15 #21  CAMP PRACTICE #1 @ CHS 9:45 – 11:30 SHELLS	Weightroom/Agilities 8:00-9:15 #22  CAMP PRACTICE #2 @ CHS 9:45 – 11:30 SHELLS	OFF	
12	13	14	15	16	17	18
	Weightroom/Agilities 8:00-9:15 #23  CAMP PRACTICE #3 @ CHS 9:45 – 11:30 SHELLS	Weightroom/Agilities 8:00-9:15 #24 TEAM CAMP SCRIMMAGE #1 TBD Varsity – 11:00-1:00 JV – 1:00-3:00 Frosh – 3:00-5:00 FULL PADS	Weightroom/Agilities 8:00-9:15 #25 TEAM CAMP SCRIMMAGE #2 TBD Varsity – 11:00-1:00 JV – 1:00-3:00 Frosh – 3:00-5:00 FULL PADS	Weightroom/Agilities 8:00-9:15 #26 TEAM CAMP SCRIMMAGE #3 TBD Varsity – 11:00-1:00 JV – 1:00-3:00 Frosh – 3:00-5:00 FULL PADS	OFF	
19	20	21	22	23	24	25
	Weightroom/Running & Football Drills #27 All grades 8:00-10:00	Weightroom/Running & Football Drills #28 All grades 8:00-10:00 7 ON 7 @ Rocky 9:30	Weightroom/Running & Football Drills #29 All grades 8:00-10:00	Weightroom/Running & Football Drills #30 All grades 8:00-10:00 7 ON 7 w/ TLINE TBD	OFF	
26	27	28	29	30	31	1
	Weightroom/Running & Football Drills #31 All grades 8:00-10:00	Weightroom/Running & Football Drills #32 All grades 8:00-10:00 7 ON 7 @ BK 9:30	Weightroom/Running & Football Drills #33 All grades 8:00-10:00	Weightroom/Running & Football Drills #34 All grades 8:00-10:00 7 ON 7 TBD @ 9:30	OFF	

Treasure Valley Team Camp July 8-16<sup>th</sup> Cost is \$80.00 (Camp Fliers @ [www.capitalfootballfamily.com](http://www.capitalfootballfamily.com) soon)

August 3<sup>rd</sup>-7<sup>th</sup> is a “dead week” and we will be shut down

Practice will officially start on August 10<sup>th</sup> @ 3:30PM. Parent Meeting @ 6:30PM in auditorium

Full August Calendar will be available in June.