

# Capital Football

# June 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Summer Workout & Practice #1 8:00-10:00 AM <b>Seniors Gear Check</b>	2 Summer Workout & Practice #2 8:00-10:00 AM <b>Juniors Gear Check</b>	3 Summer Workout & Practice #3 8:00-10:00 AM <b>Sophs Gear Check</b>	4 OFF	5
6	7 Summer Workout & Practice #4 8:00-10:00 AM <b>Frosh Gear Check</b>	8 Summer Workout & Practice #5 8:00-10:00 AM <b>Helmets</b>	9 Summer Workout & Practice #6 8:00-10:00 AM <b>Helmets</b>	10 Summer Workout & Practice #5 8:00-10:00 AM <b>Shells</b>	11 <b>7 on 7 Practice</b> 8:00-9:15 AM	12 <b>BSU 7 ON 7 TOURNEY</b> TBD – All Day
13 <b>BSU TEAM CAMP</b> 9 <sup>th</sup> -12 <sup>th</sup> 2:00-8:45PM	14 <b>BSU TEAM CAMP</b> 9 <sup>th</sup> -12 <sup>th</sup> 8:40AM-8:00PM	15 <b>BSU TEAM CAMP</b> 9 <sup>th</sup> -12 <sup>th</sup> 8:40AM-10:30PM	16 Summer Workout #6 8:00-9:30AM	17 Summer Workout #7 8:00-9:30AM	18 OFF	19
20	21 Summer Workout & Practice #8 8:00-10:00 AM	22 Summer Workout & Practice #9 8:00-10:00 AM	23 Summer Workout & Practice #10 8:00-10:00 AM	24 Summer Workout & Practice #11 8:00-10:00 AM	25 OFF	26
27	28 Summer Workout & Practice #12 8:00-10:00 AM	29 Summer Workout & Practice #13 8:00-9:00 AM <b>Skelly @ Rocky 9:15 AM</b>	30 OFF	1 OFF	2 OFF	

## EVENTS

### Summer Workouts

These workouts will include weightlifting, agilities, running and football specific practice. They are open to all incoming 8<sup>th</sup>-12<sup>th</sup> graders.

### BSU Team Camp

This is a day camp. Saturday is a passing tourney only. Sunday-Tuesday BSU will provide lunch and dinner to the players. We will take all incoming 9<sup>th</sup>-12<sup>th</sup> graders.

### 4<sup>th</sup> of July Break

We will take June 30<sup>th</sup>- July 6<sup>th</sup> off for the 4<sup>th</sup> of July