

# August 2018

| Sunday | Monday                | Tuesday                                     | Wednesday                             | Thursday                                 | Friday   | Saturday                     |
|--------|-----------------------|---|---------------------------------------|--|--|------------------------------|
|        |                       |   | 1                                     | 2  | 3  | 4                            |
| 5      | 6<br>Practice 8-11    | 7<br>Practice 8-11<br>Weight Room 2-3       | 8<br>Practice 8-11<br>Weight Room 2-3 | 9<br>Practice 8-11<br>Weight Room 2-3    | 10<br>Practice 8-11                                  | 11<br>12am Midnight Practice |
| 12     | 13<br>Practice 4-7    | 14<br>Weight Room 6-7:30<br>Practice 4-7    | 15<br>Practice 4-7                    | 16<br>Practice 4-7                       | 17<br>Weight Room 6-7:30<br>6pm Meet the Cornjerkers | 18<br>10am Scrimmage         |
| 19     | 20<br>Practice 4-6:30 | 21<br>Weight Room 6-7:30<br>Practice 4-6:30 | 22<br>Practice 4-6                    | 23<br>Practice 4-5:30<br>Team Dinner 6pm | 24<br>Weight Room 6-7:30<br>Week 1—Fisher @Schlarman | 25                           |
| 26     | 27<br>Practice 4-6:30 | 28<br>Weight Room 6-7:30<br>Practice 4-6:30 | 29<br>Practice 4-6                    | 30<br>Practice 4-5:30<br>Team Dinner 6pm | 31<br>Weight Room 6-7:30<br>Week 2—@Iroquois West    |                              |
|        |                       |   |                                       |  |  |                              |

## INFO

### PRACTICE INSTRUCTIONS

Players need to bring athletic wear, tennis shoes, and cleats EACH DAY. They will be provided with pads and helmets.

### WEIGHT ROOM

Hoopeston Players are required to attend weight room when the official season starts. Schlarman weights will be covered by Coach Tolson. AP I will be in contact with Mrs. Franzen.a

### Coach Trey Stille

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