

Team 87 Doubles Practice Schedule

Week One						
Monday 8.11	Tuesday 8.12	Wednesday 8.13	Thursday 8.14	Friday 8.15		
Meeting:	Meeting:	Meeting:	Team Photo Arrive	Meeting:		
11-1145	1000-1045	11-1145	& Change:	11-1145		
			1045-130			
Practice 1:	Lift:	Practice 1:		Practice 1:		
12-2	11-1130	12-2	Soft Tissue:	12-2		
			130/145			
Recovery Break:	Walk through:	Recovery Break:		Recovery Break:		
2-245	1145-1230	2-245	Walk through: 2-	2-245		
			245			
Meeting:	Practice:	Meeting:		Meeting:		
245-330	1-3	245-330	Practice: 3-5pm	245-330		
Practice 2:	***Get your 25	Practice 2:	***K-12	Practice 2:		
4-6pm	emails/contacts	4-6pm	Community	4-6pm		
	ready for		Football Night:	<u></u>		
Get your 25	Tuesday	***Get your 25	Food Trucks and	***Get your 25		
emails/contacts		emails/contacts	Fun in the Stadium	emails/contacts		
ready for Tuesday***		ready for	5-845***	ready for		
		Tuesday***		Tuesday***		

Times are set due to the availability of coaches, space at Park HS, and MN State High School League Rules. This schedule may need to be adjusted for teacher in-services or construction.

Items in yellow highlight, outside of practice times, are considered expectations to attend.

Scrimmage for Freshman, JV and Varsity will be at Park High School: Saturday morning, August 24th





Team 87 Doubles Practice Schedule

Week 2						
Monday 8.18	Tuesday 8.19	Wednesday 8.20	Thursday 8.21	Friday 8.22		
Meeting: 11-1145	Meeting: 1000-1045	Meeting: 11-1145	Meeting: 1000-1045	800-930 practice		
Practice 1:	Lift:	Practice 1:	Lift:	Wolfpack		
12-2	11-1130	12-2	11-1130	Football Golf Tournament at		
Recovery Break: 2-245	Walk through: 1145-1230	Recovery Break: 2-245	Walk through: 1145-1230	River Oaks: Seniors in		
Meeting:	Practice:	Meeting:	Practice:	jerseys at River		
245-330	1-3	245-330	1-3	Oaks 1030-1200		
Practice 2:	***Done by 315pm	Practice 2:	***Prep	Device off at		
4-6pm	for Fundraising	4-6pm	equipment tonight	930, Ten Toes up		
***Get your 25	Email/Phone-a-thon		for the scrimmage, check pants,	at 10		
emails/contacts ready for TOMORROW***	& Card Fundraiser Night 4 after practice:		helmet, shoulder pads, mouthguard, etc.***	To Park HS at 7am tomorrow		
	Pizza provided			Scrimmage tomorrow @ Park HS vs Anoka, CDH, Hastings!!!		

