



Team 87 Doubles Practice Schedule

Week One

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

T.E.A.M. 87

WRITE YOUR OWN STORY



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

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