

2026 Football Fall Camp Schedule for 9th-12th

Monday (8-3)	Tuesday (8-4)	Wednesday (8-5)	Thursday (8-6)	Friday (8-7)	Saturday (8-8)
6:30 – 7:45 AM CONDITIONING WTS (TEST) 110's (16sec/22sec) 4 Gassers (45&55) 9:00 – 11:00 AM MEETINGS PRACTICE *9TH-12TH WILL PRACTICE THE SAME TIMES.	6:30 – 7:45 AM CONDITIONING WTS (TEST) Sprint Backpedal 50 yds 4:00 – 7:00 PM MEETINGS PRACTICE	6:30 – 9:00 AM MEETINGS PRACTICE 4:00 – 5:30 PM CONDITIONING WTS (TEST) Pyramid	6:30 – 9:00 AM MEETINGS PRACTICE 4:00 – 5:30 PM CONDITIONING WTS (TEST) 3 Gassers	6:30 – 9:00 AM MEETINGS PRACTICE 4:00 – 5:30 PM CONDITIONING WTS (TEST)	8:00 – 9:00 AM MEETINGS 9:00 AM – 11:30 AM PRACTICE INTRA SQUAD SCRIMMAGE FAMILY PICNIC
Monday (8-10)	Tuesday (8-11)	Wednesday (8-12)	Thursday (8-13)	Friday (8-14)	Saturday (8-15)
6:30 – 9:00 AM MEETINGS PRACTICE 4:00 – 5:00 PM FILM/WTS 5:30 PM – 7:00 PM MEET TEACHER	6:30 – 7:45 AM FILM/WTS 9:00 – 11:00 AM MEETINGS PRACTICE	6:30 – 7:45 AM FILM/WTS 9:00 – 11:00 AM MEETINGS PRACTICE	AFTER SCHOOL PRACTICE 9th/JV Pictures after school	SCRIMMAGE VS LH Legacy Ranch @ BADGER	7:00 – 9:00 AM MEDIA DAY YOGA/FILM 10:00AM-12:00PM <u>VARISITY ONLY</u>

****WE WILL BEGIN AT 6:30 AM, PLEASE HAVE THE PLAYERS HERE BEFORE OUR START TIME.**

****PRACTICE WILL BE CONCLUDED PRIOR TO OUR FINISH TIMES, PLEASE ARRANGE TO PICK YOUR PLAYERS UP ACCORDINGLY.**

****ONCE SCHOOL BEGINS OUR TYPICAL MON-WED. PRACTICES WILL LET OUT AROUND 5:40 PM FOR JV AND VARSITY PLAYERS.**

****ONCE SCHOOL BEGINS FRESHMAN PRACTICE WILL BE OVER AT 4:30 PM**

All times are tentatively scheduled.

H.E.A.R.T.