



Landon Football

Junior Varsity Preseason Practice Schedule - August 2018

Week #1

Monday, August 13th 1:00 -3:00 PM Equipment Issue Athletic Center (Optional)
Tuesday, August 14th 1:00 -3:00 PM Equipment Issue Athletic Center (Optional)

Wednesday, August 15th **1 Practice**
12:00 – 2:00 Coaches Meeting
2:00 - 2:30 PM Team Meeting in Team Room
2:30 - 3:30 PM Practice Gear Issue
3:30 - 4:00 PM Positional Meeting
4:00 - 6:00 PM Practice #1 Helmet Only
6:30 - 7:00 PM Parent Meeting

Thursday, August 16th **1 Practices**
8:30 - 11:30 Meeting and Practice #2 Helmet Only

Friday, August 17th **1 Practice**
8:30 - 11:30 Meeting and Practice #3 Helmet Only

Saturday, August 18th **1 Practice**
8:30 - 11:30 Meeting and Practice #4 Helmet Shoulder Pads

Sunday, August 19th **OFF**

Monday, August 20th **2 Practices**
8:30 - 12:00 Meetings and Practice #5 Helmet/Shoulder Pads
3:30 - 6:30 Meetings and Practice #6 Full Contact

Tuesday, August 21st **1 Practice**
3:30 - 6:30 Meetings and Practice #7 Full

Wednesday, August 22nd **1 Practices**
4:00 - 7:00 Meetings and Practice #8 Full

Thursday, August 23rd **1 Practice**
4:00 - 7:00 Meetings and Practice #9

Friday, August 24th **Scrimmage**
3:30 Tentative) Scrimmage vs Severn JV

Saturday, August 25th **1 Practice**
9:30 - 11:30 Practice #10/Lift/Film

Sunday, August 26th **Players Off**



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Week #3

Monday, August 27th 1 Practices

3:30 - 4:30 Positional Meeting
4:30 - 6:30 Practice #11 Helmets/Shoulder Pads

Tuesday, August 28th 1 Practice

3:30 - 4:00 Meetings
4:15 - 6:00 Practice #12 Full Pads

Wednesday, August 29th 1 Practice

3:00 - 3:30 Meeting
3:30 - 5:30 Practice #13 Full Pads

Prefects, Student Leaders Dinner at 6:00 PM

Thursday, August 30th Scrimmage (Freshmen Orientation)

3:30 JV Scrimmage vs Whitman

Friday, August 31st NO JV Practice (Freshmen Orientation)

6:30 Varsity Game vs Whitman

Saturday, Sept. 1st Players Off

Sunday, September 2nd Players Off

Monday, September 3rd Varsity and JV Practice at 3:00