



Landon Football

Varsity Football Preseason Practice Schedule - August 2018

Week #1

Thursday, August 9th	1:00 - 3:00	Equipment Issue Athletic Center (Optional)
Friday, August 10th	10:00 - 12:00	Equipment Issue Athletic Center (Optional)
Saturday, August 11th		1 Practice
2:00 - 2:30 PM	Team Meeting in Team Room	
2:30 - 3:00 PM	Practice Gear Issue	
3:00 - 3:30 PM	Weight Room Testing	
3:30 - 4:00 PM	Offense Positional Meeting	
4:00 - 6:30 PM	Practice #1	Helmet Only
Sunday, August 12th		1 Practice
3:30 - 6:30	Meetings and Practice #2	Helmet Only
6:30 - 7:00 PM	Parent Meeting	
Monday, August 13th		1 Practice
8:30 - 11:30	Meetings and Practice #3	Helmet and Shoulder Pads
Tuesday, August 14th		2 Practices
8:30 - 11:30	Meetings and Practice #4	Helmet and Shoulder Pads
3:30 - 6:30	Meetings and Practice #5	Helmet and Shoulder Pads
Wednesday, August 15th		1 Practice
3:30 - 7:00	Meetings and Practice #6	Full/Contact
Thursday, August 16th		2 Practices
8:30 - 11:30	Meetings and Practice #7	Helmet and Shoulder Pads
3:30 - 6:30	Meetings and Practice #8	Full Pads
Friday, August 17th		1 Practice
8:30 - 11:30	Meetings and Practice #9	Helmet Only
Saturday, August 18th		Scrimmage
8:30 - 12:00	Meetings and Scrimmage	



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Week #3

Sunday, August 26th Players Off

Monday, August 27th 1 Practice
3:30 - 4:30 Positional Meeting/Whitman Film
4:30 - 7:00 Practice #16 Helmets/Shoulder Pads

Tuesday, August 28th 1 Practice
3:30 - 4:00 Team Meeting
4:15 - 6:00 Practice #17 Full Pads
6:00 - 7:00 Varsity Weight Lifting

Wednesday, August 29th 1 Practice
3:00 - 3:30 Positional Meeting
3:30 - 6:30 Practice #18 Full Pads
Prefects, Student Leaders Dinner at 6:00 PM

Thursday, August 30th 1 Practice (Freshmen Orientation)
3:30 JV Scrimmage vs Whitman
3:30 - 4:00 Film
4:15 - 6:30 Practice #19 Helmet and Shoulder Pads

Friday, August 31st (Freshmen Orientation)
3:00 Walk Through
6:30 Varsity Game @ Whitman

Saturday, Sept. 1st Players Off
Sunday, September 2nd Players Off

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