

EMBRACE THE GRIND

MEET THE STANDARD

INTEGRITY

TRUE FRIENDSHIP

# JUNE 2019



ACADEMICALLY FIT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 OL Carwash at LW 8:30 am - Noon
2	3 <b>Strength Program</b> Weight Training 9:00am - Noon	4 <b>Strength Program</b> Weight Training 9:00am – Noon Feed the Homeless at PCC	5 <b>Strength Program</b> 9:00am – Noon 7on7 at Skyway Park Fields 4:30 – 6:30pm	6 <b>Strength Program</b> Weight Training 9:00am - Noon	7 Hill Workout Palmetto (Lincoln Park) Time( 6:00-7:30pm)	8 Lakewood Carwash 8:30-12
9	10 <b>Strength Program</b> Weight Training 9:00am - Noon	11 <b>Strength Program</b> Weight Training 9:00am - Noon	12 <b>Strength Program</b> 9:00am – Noon 7on7 at Skyway Park Fields 4:30 – 6:30pm	13 <b>Strength Program</b> Weight Training 9:00am - Noon	14 Hill Workout Palmetto (Lincoln Park) Time( 6:00-7:30pm)	15 Father's Day Weekend
16	17 <b>Power Program</b> Weight Training 9:00am - Noon	18 <b>Power Program</b> Weight Training 9:00am - Noon	19 <b>Power Program</b> 9:00am – Noon 7on7 at Skyway Park Fields 4:30 – 6:30pm	20 <b>Power Program</b> Weight Training 9:00am - Noon	21 Hill Workout Palmetto (Lincoln Park) Time( 6:00-7:30pm)	22 Lakewood Carwash 8:30-12
23	24 No Workouts Family Time	25 No Workouts Family Time	26 No Workouts Family Time	27 No Workouts Family Time	28 No Workouts Family Time	29 No Workouts Family Time
30						

**Players must have all paperwork in and properly completed and checked off by Coach Moore to participate**

OL Carwash at LW 8:30 am – Noon JUNE 1st	All Football College visits need to be communicated with Coach Moore	Parents are always welcome to bring in Gain detergent for the players uniforms
All Players must have a Spiral Notebook	All Players will need a Girdle by July 29th	
Attire is Black Shorts and White, Black, Gray or Gold Shirt.	July 1 <sup>st</sup> Fall Insurance opens up for the year	We are always in need of parents bringing in Fabuloso
All Players need a Lock for Locker	All practices need shoes and cleats	Never leave valuables laying around

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# JULY 2019



ACADEMICALLY FIT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 No Workouts Family Time	2 No Workouts Family Time	3 No Workouts Family Time	4 Independence Day OFF	5 No Workouts Family Time	6 No Workouts Family Time
7	8 Power Program Weight Training 9:00am - Noon	9 Power Program Weight Training 9:00am - Noon	10 Power Program 9:00am - Noon 7on7 at Skyway Park Fields 4:30 - 6:30pm	11 Power Program Weight Training 9:00am - Noon	12 (Confirmed) 7on7 Tournament of Champions University orange city High school	13
14	15Explosion Program Weight Training 9:00am - Noon	16 Explosion Program  Weight Training 9:00am - Noon	17 Explosion Program Weight Training 9:00am - Noon 7on7 at Skyway Park Fields 4:30 - 6:30pm	18 Explosion Program  Weight Training 9:00am - Noon	19 Feed the Homeless Community Service	20 Spartans Moms Locker Room Remodel
21 Team Church Visit tba	22Explosion Program Weight Training 9:00am - Noon Pre-Training Camp TEAM BONDING	23Explosion Program Weight Training 9:00am - Noon Pre-Training Camp TEAM BONDING	24Explosion Program Weight Training 9:00am - Noon Pre-Training Camp TEAM BONDING	25Explosion Program Weight Training 9:00am - Noon Pre-Training Camp TEAM BONDING	26 NO WORKOUTS	27 Spartan Dads Dinner
28	29 1 <sup>st</sup> Practice Date Helmets	30 Practice times will be solidified July 1st	31			

**Players must have all paperwork in and properly completed and checked off by Coach Moore to participate**

First practice date - non contact - July 29		
First practice date - contact - Aug. 3		

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# AUGUST 2019



ACADEMICALLY FIT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Spartan Parents BBQ
4	5 1 <sup>st</sup> Day Of Pads	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
