

2016
EMAP Football
August Schedule

Revised: 8/4/16

August

Note: All weightlifting and meetings will be at PLHS, All practices will be at Dana Middle School

- 4 Freshman report for equipment issue and meeting @ 11 a.m. in rm. 510
All 3 teams practice 2 – 5 p.m.
- 5 Varsity lift at 9 a.m., J.V. and Frosh lift at 10 a.m.. All 3 teams practice 1:30-4 p.m.
- 6 All 3 teams practice 9 a.m. to 12 p.m.
- 7 OFF DAY
- 8 Varsity lift at 9 a.m., J.V. and Frosh lift at 10 a.m..All 3 teams practice 1:30-4 p.m.
- 9 All 3 teams practice 2-5 p.m.
- 10 Varsity lift at 9 a.m., J.V. and Frosh lift at 10 a.m.. All 3 teams practice 1:30-4 p.m.
- 11 All 3 teams practice 2-5 p.m.
- 12 Varsity lift at 9 a.m., J.V. and Frosh lift at 10 a.m.. All 3 teams practice 1:30-4 p.m.
- 13 All 3 teams practice 9 a.m. to 11:30 a.m. - Football program potluck @ noon
- 14 OFF DAY
- 15 Varsity lift at 9 a.m., J.V. and Frosh lift at 10 a.m.. All 3 teams practice 1:30-4 p.m.
- 16 All 3 teams practice 2-5 p.m.
- 17 Varsity lift at 9 a.m., J.V. and Frosh lift at 10 a.m.. All 3 teams practice 1:30-4 p.m.
- 18 All 3 teams practice 2-4 p.m.
- 19 SCRIMMAGE DAY ALL 3 LEVELS
- 20 Varsity Films, stretch and weights 8-10 am
- 21 OFF DAY
- 22 Varsity lift at 9 a.m., J.V. and Frosh lift at 10 a.m.. All 3 teams practice 1:30-4 p.m.
- 23 All 3 teams practice 2-5 p.m.
- 24 Varsity lift at 9 a.m., J.V. and Frosh lift at 10 a.m.. All 3 teams practice 1:30-4 p.m.
- 25 Varsity and JV practice 2-4 p.m./Freshmen play at El Camino
- 26 JV plays at El Camino, 4 p.m., Varsity plays at El Camino, 7 p.m.
- 27 Varsity films – 9-11 a.m.
- 29 First Day of School – Football 1:15 – 5 p.m.