

PLYMOUTH FOOTBALL

June 2018

STRENGTH AND SPEED

M,W,
6:30AM-8AM
T,TH
6:15AM-8AM

M,T,W,TH
4-6PM

THESE SESSIONS ARE
THE FOUNDATION FOR
A SUCCESSFUL
FOOTBALL SEASON

Passing League

Lakeland College passing league.
For 10th-12th grade
QB,RB,WR,TE,DB,LB's. Car pool
from PHS at 4 or 5pm depending
on game times. Games will be
played at Lakeland College.

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------------------------|--------------------------|--------------------------|--------------------------|--------------------------|-----|-----|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 Weights 6:30 am | 12 Weights 6:15 am | 13 Weights 6:30 am | 14 Weights 6:15 am | 15 | 16 |
| 17 | 18 Weights 6:30 am | 19 Weights 6:15 am | 20 Weights 6:30 am | 21 Weights 6:15 am | 22 | 23 |
| 24 Passing League | 25 Weights 6:30 am | 26 Weights 6:15 am | 27 Weights 6:30 am | 28 Weights 6:15 am | 29 | 30 |

PLYMOUTH FOOTBALL

July 2018

STRENGTH AND SPEED

M,W,
6:30AM-8AM
T,TH
6:15AM-8AM

M,T,W,TH
4-6PM

THESE SESSIONS ARE
THE FOUNDATION FOR
A SUCCESSFUL
FOOTBALL SEASON

Mill Street Day:

Players needed to help sell
50/50 raffles

**HIGH SCHOOL CONTACT
DAYS**

JULY 16th-19th
12:30PM-3:00PM

THIS CAMP IS DESIGNED TO
INTRODUCE THE BASIC OFFENSE
AND DEFENSIVE CONCEPTS FOR THE
UPCOMING SEASON. THESE
CONTACT DAYS ARE **HIGHLY**
RECOMMENDED FOR 10th-12th
GRADE PHS FOOTBALL PLAYERS.

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QB,RB,WR,TE,DB,LB's. Car pool
from PHS at 4 or 5pm depending
on game times. Games will be
played at Lakeland College.

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-----|---------------------------|
| | | | | | | |
| 1 | 2 Weights 6:30 am | 3 Weights 6:15 am | 4 Day Off Holiday | 5 Weights 6:15 am | 6 | 7 |
| 8 Passing League | 9 Weights 6:30 am | 10 Weights 6:15 am | 11 Weights 6:30 am | 12 Weights 6:15 am | 13 | 14 Mill Street Days |
| 15 Passing League | 16 Camp Weights 6:30 am | 17 Camp Weights 6:15 am | 18 Camp Weights 6:30 am | 19 Camp Weights 6:15 am | 20 | 21 |
| 22 | 23 Weights 6:30 am | 24 Weights 6:15 am | 25 Weights 6:30 am | 26 Weights 6:15 am | 27 | 28 |
| 29 | 30 Max Tests 6:30am | 31 Max Tests 6:30am | | | | |

August 2018

**1ST DAY OF PRACTICE
AUGUST 1ST**

**ALL DAY PRACTICE ON
AUGUST 3RD AND 7TH**

LUNCH WILL BE SERVED ON THESE DAYS. WE WON'T PRACTICE THE ENTIRE TIME!

**FAMILY PICNIC AND
GOLD CARD BLITZ**

THESE ARE BOTH REQUIRED TEAM ACTIVITIES. ALL PLAYERS MUST BE AT THE GOLD CARD BLITZ BEGINNING AT **8AM**. ALL FAMILIES SHOULD ATTEND THE PICNIC AT **NOON**. THIS IS A GREAT WAY TO KICK-OFF THE PANTHER FOOTBALL SEASON.

**August 13th and
August 22nd will be early
practices**

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|---|---|--|--|---|
| | | | 1 PRACTICE 8-10:30AM 1:30-4PM | 2 PRACTICE 8AM-3PM <u>ALL DAY</u> | 3 PRACTICE 8AM-11AM | 4 PRACTICE 7AM-9AM |
| 5 | 6 PRACTICE 8AM-3PM <u>ALL DAY</u> | 7 PRACTICE 4:30-8PM <u>PICTURES</u> | 8 PRACTICE 8-10:30AM 1:30-4PM | 9 PRACTICE 8AM-11AM | 10 Scrimmage TBD | 11 GOLD CARD BLITZ 8AM/ FAMILY PICNIC NOON |
| 12 | 13 Practice 7-9:30AM | 14 Practice 3-6 PM | 15 Practice 3-6 PM | 16 PRACTICE 3-6PM JV GAME vs EISENHOWER 5:30PM | 17 Varsity Game @ NBE 7PM | 18 |
| 19 | 20 Practice 3-6 PM | 21 PRACTICE 3-6PM JV GAME @ SHEB FALLS 4:30PM | 22 Practice 8-11AM | 23 Practice 3-6 PM | 24 VARSITY GAME vs SHEB FALLS 7PM | 25 |
| 26 | 27 Practice 3-6PM JV vs Waupun 4:30PM | 28 Practice 3-6 PM | 29 Practice 3-6 PM | 30 Practice 3-6 PM | 31 Varsity Game vs Berlin 7PM | |

September 2018

LABOR DAY:

Practice from 3-6PM

**SEPTEMBER 28TH
HOMECOMING**

**FOOTBALL BANQUET
SUNDAY NOVEMBER
11TH at 6:00PM**

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|---|-----------------------|-----------------------|---|-----|
| | | | | | | 1 |
| 2 | 3 <u>Labor Day</u> Practice 3-6PM | 4 Practice 3-6 PM <u>JV Game @ Waupun</u> 4:30pm | 5 Practice 3-6 PM | 6 Practice 3-6 PM | 7 Varsity Game at KML 7PM | 8 |
| 9 | 10 Practice 3-6 PM <u>JV Game vs KML</u> 4:30pm | 11 Practice 3-6 PM | 12 Practice 3-6 PM | 13 Practice 3-6 PM | 14 Varsity Game vs Kewaskum 7PM | 15 |
| 16 | 17 Practice 3-6 PM <u>JV Game @ Kewaskum</u> 4:30pm | 18 Practice 3-6 PM | 19 Practice 3-6 PM | 20 Practice 3-6 PM | 21 Varsity Game at Ripon | 22 |
| 23 | 24 Practice 3-6 PM <u>JV Game vs Ripon</u> 4:30pm | 25 Practice 3-6 PM | 26 Practice 3-6 PM | 27 Practice 3-6 PM | 28 Varsity Game vs Winneconne Homecoming | 29 |