

**2015 D-TOWN FOOTBALL OFF-SEASON WORK OUT SCHEDULE (All dates and times subject to change)**

WEEK #	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.	
<b>TESTING; Dec 8; 9 &amp; 13th</b>	SENIORS	TEST				<b>12/13 at 9:00 AM</b>		
<b>WEEK 1-1; Jan 5-9</b>	MAKE UP	LIFT 2:30	MAKE UP	LIFT 3:15	LIFT 3:30	SKILLS & DRILLS		
<b>WEEK 1-2; Jan 12-16</b>	MAKE UP	LIFT 2:30	LIFT 3:30	LIFT 3:15	1/2 DAY	NOTHING		
<b>WEEK 1-3; Jan 19-23</b>	NO SCHOOL	LIFT 2:30	MAKE UP	LIFT 3:15	LIFT 3:30	SKILLS & DRILLS		
<b>WEEK 1-4; Jan 26-30</b>	MAKE UP	LIFT 2:30	MAKE UP	LIFT 3:15	LIFT 3:30	SKILLS & DRILLS		
<b>WEEK 1-5; Feb 2-6</b>	MAKE UP	LIFT 2:30	MAKE UP	LIFT 3:15	LIFT 3:30	NOTHING		
<b>WEEK 1-6; Feb 9-13</b>	LIFT 4:30	LIFT 2:30	LIFT 3:30	1/2 DAY	NO SCHOOL	NOTHING		
<b>WEEK 1-7; Feb 16-20</b>	NO SCHOOL	LIFT 3:30	MAKE UP	LIFT 2:30	LIFT 3:30	NOTHING		
<b>WEEK 1-8; Feb 23-27</b>	MAKE UP	LIFT 2:30	MAKE UP	LIFT 3:15	LIFT 3:30	SKILLS & DRILLS		
<b>WEEK 1-9; March 2-6</b>	LIFT	MAKE UP	LIFT	LIFT	NO SCHOOL	NOTHING		
<b>WEEK 1-10; March 9-13</b>	LIFT	MAKE UP	LIFT	MAKE UP	LIFT	SKILLS & DRILLS		
<b>WEEK 1-11; March 16-20</b>	LIFT	LIFT	1/2 DAY	MAKE UP	LIFT	SKILLS & DRILLS		
<b>WEEK 1-12; March 23-27</b>	LIFT	MAKE UP	LIFT	MAKE UP	LIFT	SKILLS & DRILLS		
<b>TESTING; March 30- April 3</b>	TEST	TEST	OFF	OFF	OFF	NOTHING		
<b>WEEK 2-1; April 6-11</b>	OFF	LIFT	LIFT	LIFT	LIFT	NOTHING		
<b>WEEK 2-2; April 13-17</b>	LIFT	LIFT	1/2 DAY	LIFT	LIFT	TBA		
<b>WEEK 2-3; April 20-24</b>	LIFT	LIFT	MAKE UP	LIFT	LIFT	TBA		
<b>WEEK 2-4; April 27-May 1</b>	LIFT	LIFT	MAKE UP	LIFT	LIFT	TBA		
<b>WEEK 2-5; May 4-8</b>	LIFT	LIFT	MAKE UP	LIFT	LIFT	TBA		
<b>WEEK 2-6; May 11-15</b>	LIFT	LIFT	MAKE UP	LIFT	LIFT	TBA		
<b>WEEK 2-7; May 18-22</b>	LIFT	LIFT	1/2 DAY	LIFT	OFF	TBA		
<b>MINI CAMP: May 25-29</b>	NO SCHOOL	<b>MINI CAMP</b>						
<b>WEEK 3-1 June 1-5 (after school)</b>	PM	PM	PM (physicals)	PM	<b>GRADUATION</b>	NOTHING		
<b>WEEK 3-2 June 8-12 (BOTH)</b>	<b>PM</b>	AM	AM	AM				
<b>WEEK 3-3 June 15-19 (morning)</b>	LIFT	LIFT	LIFT (7-7 CBE)	LIFT				
<b>BLUE &amp; GOLD CAMP JUNE 15-JUNE 19</b>	9:00-2:00	9:00-2:00	9:00-2:00	9:00-2:00	9:00-12:00			
<b>WEEK 3-4; June 22 June 25 (morning)</b>	LIFT	LIFT	LIFT PM 7-7	LIFT	CLOSED			
<b>WEEK 3-5; June 29-July 3 (morning)</b>	LIFT	LIFT	LIFT PM 7-7	CLOSED	CLOSED			
<b>WEEK 3-6; July 6 -July 9 (morning)</b>	LIFT	LIFT	LIFT PM 7-7	LIFT	CLOSED			
<b>TESTING 3-7; July 13-16 (morning)</b>	TEST	TEST	TEST	WASSER	CLOSED	OFF	<b>Team Camp</b>	
<b>CAMP; July 20-25</b>	<b>Team Camp at LVC</b>			OFF	OFF	OFF	OFF	
<b>OFF July 27-July 31</b>	OFF	OFF	OFF	OFF	OFF	OFF	OFF	
<b>PRE-SEASON Aug 3-Aug 7 (7:00-10:00)</b>	Lift AM	Lift AM	Lift AM	Lift AM	OFF	OFF	OFF	
<b>HEAT; Aug 10-Aug 14</b>	<b>HEAT CAMP Time to Follow</b>					GOLD CARDS	OFF	
<b>SUMMER CAMP Week #1 Aug 17</b>	2 a days Times to follow				AM ONLY	<b>Scrimmage</b>	OFF	
<b>SUMMER CAMP Week #2 Aug 24</b>	2 a days Times to follow				<b>Scrimmage</b>	OFF	OFF	
<b>GAME WEEK; September 1</b>	3 to 6	3 to 6	3 to 6	3 to 6	3 to 5	at FRANKFORD	OFF	

**Two a days schedule will be available in April; the freshman team will only practice in the AM in Summer Camp**