**JV/Varsity**

**Monday, August 4th**

5:30 AM: Non-exempt from conditioning test players report for RankOne check in

6:00 AM-7:00 AM: Conditioning test for those who aren’t exempt

6:30 AM: RankOne check in for those exempt from the conditioning test

7:00-9:00 AM: Meetings, film, weights, practice

**Tuesday, August 5th through Friday, August 8th**

6:30-9:00 AM: Meetings, film, weights, practice

3:00-4:00 PM: Lift/Film. \*\*\*4:00-5:00 on Thursday, August 7th\*\*\*

**Wednesday, August 6th**

4:30-6:30 Schedule preview

6:30-7:30 Community pep rally on the CFHS field

**Saturday, August 9th**

7:30 AM-11:30 AM: Meetings, practice, fundraiser event. 3:00-5:00 PM: Film, intra-squad scrimmage

**Monday, August 11th through Tuesday, August 12th**

3:00-6:15 PM: Meetings, film, weights, practice

**Wednesday, August 13th**

School Starts: Practice 2:45-4:30. 4:45-5:30 Steak Dinner for winning SWAT team.

**Thursday, August 14th Scrimmage vs. Manvel at CCISD Challenger Columbia-Stadium.**

\*JV report at 4:00, Leave at 4:30. Scrimmage 6:00-7:00. Ride home with families after. Send alternative travel form to zhead@ccisd.net

\*Varsity report at 5:00, Leave at 5:30. Scrimmage 7:00-8:00. Ride back on bus

**Friday, August 15th**

2:45-4:00 PM: Meetings, film, weights, practice

**Saturday, August 16th**

Off

Freshman

**Monday, August 4th through Friday August 8th**

4:00-7:00 PM: Practice, weights, film, meetings, equipment

\*Wednesday, August 6th will be 4:00-5:50 PM for practice. Schedule preview after practice and community pep rally at 6:30 PM on the CFHS field.

**Saturday, August 9th**

8:00 AM-11:30 AM: Practice, fundraiser event. \*\*Only Saturday practice for the freshman all season\*\*.

**Monday, August 11th**

3:00-6:00 PM: Practice, weights, film, meetings

**Tuesday, August 12th (School Begins) and Wednesday August 13th**

6th period: Practice then back after school for practice from: 2:50-5:00 PM

**Thursday, August 14th**

Scrimmage vs. Manvel High School at CCISD Challenger Columbia Stadium

Freshman report at 3:00, Leave at 3:30, Scrimmage at 5:00-6:00.

Ride home with families afterwards. Email alternative transportation form to zhead@ccisd.net

**Friday, August 15th**

6th period: weights/film.

Off after school