

## 2016 Warrior Football Preseason Week One:

**\*\*THIS SCHEDULE IS SUBJECT TO CHANGE\*\***

WARRIOR FOOTBALL ACADEMY (Open to all 10th-12th Graders)

**THIS CAMP IS OPTIONAL BUT STRONGLY RECOMMENDED.**

8/15 Report to MHS Weight Room 3PM--7:30PM

8/16 Report to MHS Weight Room 3PM—7:30PM

8/17 Report to MHS Weight Room 3PM—7:30PM

8/18--MAKEUP DATE IN CASE OF INCLEMENT WEATHER

Please bring plenty of fluids and snacks.

This is a three day camp.

Day 1: NO PADS

Day 2: HELMETS

Day 3: HELMETS & SHOULDER PADS

Players should purchase a mouthpiece for camp.

Players should wear cleats and shorts and bring sneakers.

Please note starting times below are when meetings begin or the whistle blows for practice to begin. The locker room/facility will be opened at least 30 minutes before listed times.

### **Thursday August 18th**

PARENT MEET & GREET 6:30PM at the QUINN BARN

### **Friday August 19th--HELMET**

4PM-8PM: All Players, 9-12, report to 125 @ MHS

PLAYERS SHOULD BRING:

HELMETS/SHORTS/T-SHIRTS/SNEAKERS/CLEATS/LOCK FOR LOCKER

Updated paperwork is needed for all players in order to be cleared to practice.

**THERE ARE NO EXCEPTIONS.**

The following Monday, Tuesday and Wednesday's sessions will incorporate meeting times to explain drills, video & introduction of plays, equipment handout and paperwork.

### **Saturday, August 20th-HELMET**

7:30AM: All Players, 9-12, report to Room 125

Post Practice: Freshmen equipment handout

**Monday, August 22nd--HELMET**

2PM: All players 9-12 report to room 125.

**Tuesday, August 23rd-- $\frac{1}{2}$  PAD**

1:30PM: All players, 9-12 report to equipment room for uniform hand out/picture day

**Wednesday, August 24th-- $\frac{1}{2}$  PAD**

7:30AM: All players, 9-12, report to 125 @ MHS

**Thursday, August 25th--FULL PAD + HELMET ONLY 60 Min.**

7:30AM: All players 9-12, Run up to practice outside Maria's office.

11:30AM: All Players 10-12 report to 125, HELMETS ONLY

**Friday, August 26th--FULL PAD + HELMET ONLY 60 Min.**

7:30AM: All players, 9-12, report to Room 125 @ MHS

11:30: All players 10-12 report to Room 125 NO FRESHMEN

PLEASE NOTE: End times will vary on Thursday and Friday. Varsity players 10-12 will stay through the entire time and should bring snacks. Freshmen will only practice in the first session.

**Saturday, August 27th**

8AM: All players, 10-12, report to Room 125 @MHS (NO FRESHMEN)

**SCRIMMAGE V. MEDWAY**

**Sunday, August 28<sup>th</sup>**

CARWASH FUNDRAISER TIME TBA

## Warrior Football Preseason Week Two:

### **Monday, August 29th--TEACHER DAY**

3:15PM: All players, 9-12, report to Upper Field in full gear.

FULL PADS

### **Tuesday, August 30th--TEACHER DAY**

3:15PM: All players, 9-12, report to Upper Field in full gear.

FULL PADS

### **Wednesday, August 31st--FIRST DAY KIDS**

3:15PM All players, 9-12, report to Upper Field in full gear.

FULL PADS

### **Thursday, September 1st--SECOND DAY KIDS**

**\*\*6AM:** 10-12 ONLY, report to Upper Field (2016 SENIOR CRUISE 4pm)

HELMETS ONLY

3:15PM Freshmen Practice FULL PADS

### **Friday, September 2nd--1/2 DAY KIDS**

3PM: Freshmen Practice FULL PADS

10-12 WALKTHROUGH

5PM: Scrimmage @ MILLIS/HOPEDALE (MORE DETAILS COMING) 10-12 ONLY

### **Saturday, September 3rd**

NO FOOTBALL ACTIVITIES

### **Sunday, September 4th**

NO FOOTBALL ACTIVITIES

# Warrior Football Preseason Week Three:

\*\*\*END TIMES DURING 3PM PRACTICES WILL BE BETWEEN 5:30-5:45PM\*\*\*

## **Monday, September 5th--(LABOR DAY)**

4:00PM: 9-12 report to Room 125.

## **Tuesday, September 6th**

3PM: 9-12 report to Upper Field in full gear

## **Wednesday, September 7th**

3PM: 9-12 report to Upper Field in full gear

## **Thursday, September 8th**

3PM: 10-12 report to Upper Field in full gear

3:30PM FROSH AT DEDHAM

TEAM DINNER AT THE QUINN BARN

## **Friday, September 9th**

7pm 10-12 VARSITY KICKOFF V. DEDHAM

## **Saturday, September 10th**

7:30AM VARSITY 10-12 PRACTICE AT WEIGHT ROOM

**Post Practice: All players 9-12 CALENDAR FUNDRAISER BLITZ AND LUNCH FOR THE TEAM.**

## **UPCOMING EVENTS:**

**September 17th MEDFIELD DAY**