

RAZORBACK FOOTBALL

BE YOUR BEST

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Christmas Break	Christmas Break			
6	7	8	9	10	11	12
	Weight Training		Weight Training		Weight Training	
13	14	15	16	17	18	19
	Weight Training		Weight Training		Weight Training	
20	21	22	23	24	25	26
	No School		Weight Training		Weight Training	
27	28	29	30	31		
	Weight Training		Weight Training			

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February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
	Weight Training		Weight Training		Weight Training	
10	11	12	13	14	15	16
	Weight Training		Weight Training		NO SCHOOL	Team Banquet Walhalla High School 6PM
17	18	19	20	21	22	23
	Weight Training		Weight Training		Weight Training	
24	25	26	27	28		
	Weight Training		Weight Training			

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April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Weight Training		Weight Training		Weight Training	
7	8	9	10	11	12	13
	Weight Training		Weight Training		Weight Training	
14	15	16	17	18	19	20
	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	
21	22	23	24	25	26	27
	Weight Training		Weight Training		Weight Training	
28	29	30				
	Weight Training					

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May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Shorts Helmets Spring Practice	2 Shorts Helmets Spring Practice	3	4
5	6 Shorts Helmets Spring Practice	7 Shorts Helmets Spring Practice	8 Shorts Helmets Spring Practice	9 Shorts Helmets Spring Practice	10	11
12	13 Shorts Helmets Spring Practice	14 Full Pads Spring Practice	15 Full Pads Spring Practice	16 Full Pads Spring Practice	17	18
19	20 Full Pads Spring Practice	21 Full Pads Spring Practice	22 Shorts Helmets Spring Practice	23 Purple White Spring Game 6PM	24	25
26	27 Memorial Day Team Scrimmage 10am-NOON Team Picnic	28 Team Off	29 Team Off	30 Team Off	31	

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June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						Team Off
2	3 Weight Training PM 4 to 5:30 Practice 5:45-7:45	4 7 on 7 TBD	5 Weight Training PM 4 to 5:30 Practice 5:45-7:45	6 Weight Training PM 4 to 5:30 Practice 5:45-7:45	7	8
9	10 Weight Training PM 4 to 5:30 Practice 5:45-7:45	11 7 on 7 10AM @ BHP	12 Weight Training PM 4 to 5:30 Practice 5:45-7:45	13 Weight Training PM 4 to 5:30 Practice 5:45-7:45	14	15
16	17 Weight Training PM 4 to 5:30 Practice 5:45-7:45	18 7 on 7 TBD	19 Weight Training PM 4 to 5:30 Practice 5:45-7:45	20 7 on 7 10AM WHS Weight Training PM 4 to 5:30 Practice 5:45-7:45	21	22
23	24 Weight Training	25	26 Weight Training	27 Weight Training	28	29
30	PM 4 to 5:30 Practice 5:45-7:45	7 on 7 TBD	PM 4 to 5:30 Practice 5:45-7:45	PM 4 to 5:30 Practice 5:45-7:45		

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July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 OFF Team Off	2 OFF Team Off	3 OFF Team Off	4 OFF Team Off	5 OFF Team Off	6
7	8 Weight Training PM 4 to 5:30 Practice 5:45-7:45	9 7 on 7 TBD	10 Weight Training PM 4 to 5:30 Practice 5:45-7:45	11 Weight Training PM 4 to 5:30 Practice 5:45-7:45	12	13
14	15 Weight Training PM 4 to 5:30 Practice 5:45-7:45	16 7 on 7 11AM at Pendleton	17 Weight Training PM 4 to 5:30 Practice 5:45-7:45	18 Weight Training PM 4 to 5:30 Practice 5:45-7:45	19	20
21	22 Weight Training PM 4 to 5:30 Practice 5:45-7:45	23 7 on 7 TBD	24 Weight Training PM 4 to 5:30 Practice 5:45-7:45	25 Weight Training PM 4 to 5:30 Practice 5:45-7:45	26 Team Off	27
28	29 OFF Team Off	30 OFF Team Off	31 OFF Team Off			

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August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				OFF Team Off	Day 1 Practice Helmets 6PM	Day 2 Practice Helmets 8AM
4	5	6	7	8	9	10
	Day 3 Practice Helmets 6PM	Day 4 Practice Helmets 6PM	Day 5 Practice Full Pads 6PM	Day 6 Practice Full Pads 6PM	Day 7 Practice Full Pads Long Day 7A/6P	Day 8 Practice Full Pads Short Day 8AM
11	12	13	14	15	16	17
	Day 9 Scrimmage 10AM at Pendleton Long Day 6PM	Day 10 Practice Full Pads Short Day 6PM	Day 11 Practice Full Pads Long Day 7A/6P	Day 12 Practice Full Pads Short Day 6PM	Jamboree JL Mann	
18	19	20	21	22	23	24
	1st day of School			Depart for Wilwood, FL	Varsity At Wildwood, FL	Team at Universal Studios
	Practice 4:15 PM	Practice 4:15 PM	Practice 4:15 PM	Varsity Practice	Game	
25	26	27	28	29	30	
Team Returns from Florida 8AM				JV Game at West-Oak	Varsity West-Oak	
	Practice 4:15 PM	Practice 4:15 PM	Practice 4:15 PM	Varsity Practice	Game	

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September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 LABOR DAY NO SCHOOL Practice 4:15 PM	3 Practice 4:15 PM	4 Practice 4:15 PM	5 JV Game at Landrum Varsity Practice	6 Varsity Landrum Game	7
8	9 Practice 4:15 PM	10 Practice 4:15 PM	11 Practice 4:15 PM	12 JV Game TBD Varsity Practice	13 Varsity OPEN DATE OPEN	14
15	16 Practice 4:15 PM	17 Practice 4:15 PM	18 Practice 4:15 PM	19 JV Game Powdersville Varsity Practice	20 Varsity at Powdersville Game	21
22	23 Practice 4:15 PM	24 Practice 4:15 PM	25 Practice 4:15 PM	26 JV Game TBD Varsity Practice	27 Varsity Carolina Game	28
29	30					

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October 2019

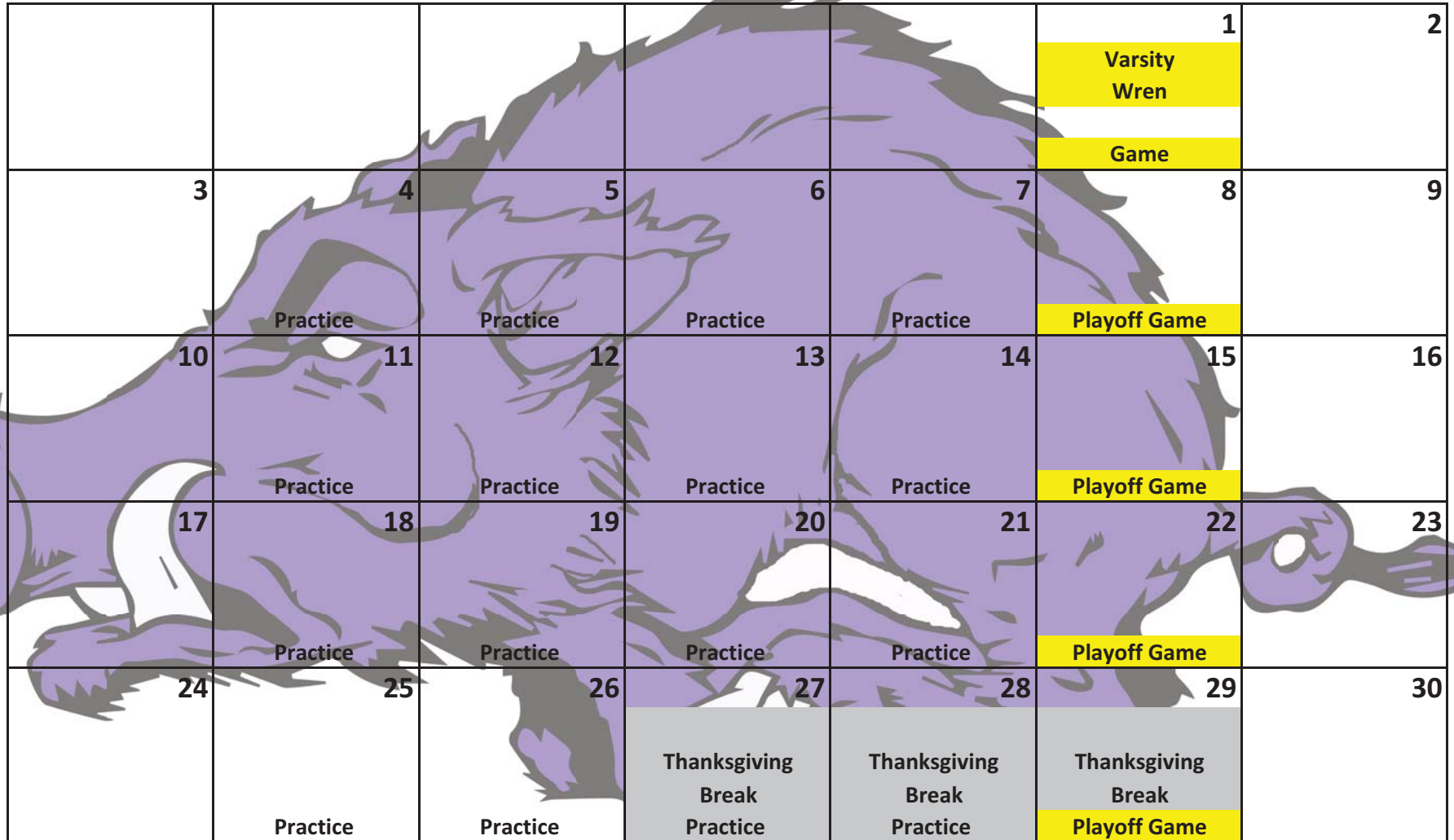
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
				JV Game At BHP	Varsity BHP	
		Practice	Practice	Varsity Practice	Game	
6	7	8	9	10	11	12
	Practice	Practice	Practice	JV Game Pickens	Varsity At Pickens	
				Varsity Practice	Game	
13	14	15	16	17	18	19
				JV Game At Daniel	Varsity Daniel	
	Practice	Practice	Practice	Varsity Practice	Game	
20	21	22	23	24	25	29
	No School			JV Game Palmetto	Varsity at Palmetto	
	Practice	Practice	Practice	Varsity Practice	Game	
27	28	29	30	31		
	Practice	Practice		JV Game at Wren		
				Varsity Practice		

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November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Varsity Wren Game	2
3	4 Practice	5 Practice	6 Practice	7 Practice	8 Playoff Game	9
10	11 Practice	12 Practice	13 Practice	14 Practice	15 Playoff Game	16
17	18 Practice	19 Practice	20 Practice	21 Practice	22 Playoff Game	23
24	25 Practice	26 Practice	27 Thanksgiving Break Practice	28 Thanksgiving Break Practice	29 Thanksgiving Break Playoff Game	30



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BE YOUR BEST

December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Practice	Practice	Practice	Practice	Practice	State Championship
8	9	10	11	12	13	14
	Weight Training	Weight Training	Weight Training	Weight Training	Weight Training	
15	16	17	18	19	20	21
	Weight Training	Weight Training	Weight Training	Weight Training		
22	23	24	25	26	27	28
	Christmas Break	Christmas Break	Christmas Break	Christmas Break	Christmas Break	
29	30	31				
	Christmas Break	Christmas Break				