

**Kapaun Mt. Carmel Catholic High School
Crusader Football
2008**

MONDAY AUGUST 18: (PM SCHEDULE)
 3:30-4:45 SHORTS/HELMET/PR. JERSEY
 4:45-6:30 WEIGH, EAT, SPECIALS, WEIGHTS*****
 6:30-7:45PM SHORTS/HELMET/PR. JERSEY

*ALWAYS BE SURE TO HAVE A PAIR OF BASKETBALL/TENNIS SHOES ON HAND FOR THE WEIGHT ROOM, GYM, ETC...

**WATER-GATORADE WILL BE PROVIDED---LUNCHES CAN BE STORED IN CAFETERIA REFRIGERATOR

TUESDAY AUGUST 19: SAME (PM SCHEDULE)

WEDNESDAY AUGUST 20: SAME (PM SCHEDULE)

THURSDAY AUGUST 21: 6:15-7:00AM SOPH-SENIOR SKILL
 3:30-4:45 HALF-PAD (SHOULDER PAD & HELMET)
 4:45-6:30 WEIGH, EAT, SPECIALS,
 6:30-7:45 FULL PAD

FRIDAY AUGUST 22 PM SCHEDULE

SATURDAY AUGUST 23: 6:30-8:30AM FULL PADS SCRIMMAGE
 9:00AM TEAM & INDIVIDUAL PICTURES
 11:00AM POOL PARTY-ALL INVITED (FROSH-SENIORS)

MONDAY AUGUST 25: 3:30-5:30 FULL PAD

TUESDAY AUGUST 26: 3:30-5:30 FULL PAD

WEDNESDAY AUGUST 27: 3:30-5:30 FULL PAD

THURSDAY AUGUST 28: 6:15-7:00AM SOPH-SENIOR SKILL
 3:30-5:30
 POSSIBLE BCC GAME @WSU

FRIDAY AUGUST 29: 3:20-4:20 (SOPH-SENIOR) PRACTICE
 SCHEDULE AT LATER DATE
 BLUE-WHITE GAME

SATURDAY AUGUST 30: 8:00AM FILM-WEIGHTS

MONDAY SEPTEMBER 1: PM SCHEDULE
 4:00-7:00PM

TUESDAY SEPTEMBER 2: 3:30-6:00

WEDNESDAY SEPTEMBER 3: 3:30-6:00

THURSDAY SEPTEMBER 4: FROSH VS NORTH
 3:30-6:00

FRIDAY SEPTEMBER 5: VS NORTHWEST

