

# NORTH FOOTBALL August 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Practice 9am-Noon (Helmets)	2 Practice 9am-Noon (Helmets)	3 Practice 9am-Noon (Shells)	4 Practice 9am-Noon (Shells)	5 Practice 9am-Noon (Shells)	6 Practice 9am-Noon (Full Pads)	7 OFF DAY
8 Practice 4-6:45pm	9 Practice 4-6:45pm	10 Practice 4-6:45pm	11 Practice 4-6:45pm	12 Practice 4-6:45pm	13 Practice 9am-Noon	14 OFF DAY
15 Practice 4-6:45pm	16 Practice 4-6:45pm	17 Practice 4-6:45pm	18 High Tempo Day Before 4-5:30	19 @DCG 7:00pm	20 SHAKE OUTS AND FILM 8am-10am	21
22 Practice 4-6:45pm	23 Practice 4-6:45pm	24 Practice 4-6:45pm	25 High Tempo Day Before 4-5:30 Freshman vs. Hoover @6:00 (Home)	26 @Hoover 7:00pm	27 SHAKE OUTS AND FILM	28
29	30	31				

**IMPORTANT  
INFO  
#NST**

**PHYSICALS, PHYSICALS, PHYSICALS**  
IF YOU DON'T HAVE ONE BY AUGUST  
1<sup>st</sup>, YOU CAN'T PRACTICE OR PLAY IF  
IT'S EXPIRED.

**AUGUST 1<sup>st</sup> =OFFICIAL PRACTICE**  
IF YOU WANT TO HAVE A CHANCE TO  
BE SUCCESSFUL; YOU HAVE TO BE AT  
PRACTICE. WE ALL DEPEND ON YOU.

**HYDRATE, REFUEL, AND REST**  
DRINK A LOT OF WATER ALL THE TIME.  
EAT. YOU SHOULDN'T BE LOSING  
WEIGHT UNLESS YOU WANT TO. 8+  
HOURS OF SLEEP. WE PLAY A COLLISION  
SPORT, TAKE CARE OF YOUR BODY.