

# NORTH FOOTBALL July 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Workouts 9-10am Skill Work 10:15-11:30am	2	3
4 NO WORKOUTS	5 Workouts 9-10am Skill Work 10:15-11:30am	6 Workouts 9-10am Skill Work 10:15-11:30am	7 Workouts 9-10am Skill Work 10:15-11:30am	8 Workouts 9-10am Skill Work 10:15-11:30am	9	10
11 Workouts 9-10am Skill Work 10:15-11:30am	12 Workouts 9-10am Skill Work 10:15-11:30am	13 Workouts 9-10am Skill Work 10:15-11:30am	14 Workouts 9-10am Skill Work 10:15-11:30am	15 Workouts 9-10am Skill Work 10:15-11:30am	16	17
18 Workouts 9-10am Skill Work 10:15-11:30am	19 Workouts 9-10am Skill Work 10:15-11:30am	20 Workouts 9-10am Skill Work 10:15-11:30am	21 Workouts 9-10am Skill Work 10:15-11:30am	22 SIMPSON TEAM CAMP	23 SIMPSON TEAM CAMP	24 DEAD WEEK
25 DEAD WEEK	26 DEAD WEEK	27 DEAD WEEK	28 DEAD WEEK	29 DEAD WEEK	30 DEAD WEEK	31 DEAD WEEK

## 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. DON'T COUNT ON A BIG FREE CLINIC.

**CLEATS AND GLOVES**  
GET THEM IN YOUR LOCKER AND LEAVE THEM THERE. LOCK YOUR LOCKERS. IF YOU'RE BUYING NEW CLEATS OR GLOVES NO RED, BLUE, ORANGE, YELLOW, PURPLE, ETC.

**CONSISTENCY. CONSISTENCY. CONSISTENCY. CONSISTENCY.**  
SHOW UP. GET BETTER AT SOMETHING EVERYDAY.