

NORTH FOOTBALL June 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Workouts 3:40-4:30 Skill Work 4:45-6:15	2 Workouts 3:40-4:30 Skill Work 4:45-6:15	3 Workouts 3:40-4:30 Skill Work 4:45-6:15	4	5
6 Workouts 9-10am Skill Work 10:15-11:30am Adjust Snow Day TBD	7 Workouts 9-10am Skill Work 10:15-11:30am	8 Workouts 9-10am Skill Work 10:15-11:30am	9 Workouts 9-10am Skill Work 10:15-11:30am	10 Workouts 9-10am Skill Work 10:15-11:30am	11	12
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 Workouts 9-10am Skill Work 10:15-11:30am	17 Workouts 9-10am Skill Work 10:15-11:30am	18	19
20 Workouts 9-10am Skill Work 10:15-11:30am	21 Workouts 9-10am Skill Work 10:15-11:30am	22 Workouts 9-10am Skill Work 10:15-11:30am	23 Workouts 9-10am Skill Work 10:15-11:30am	24 Workouts 9-10am Skill Work 10:15-11:30am	25	26
27 Workouts 9-10am Skill Work 10:15-11:30am	28 Workouts 9-10am Skill Work 10:15-11:30am	29 Workouts 9-10am Skill Work 10:15-11:30am	30 Workouts 9-10am Skill Work 10:15-11:30am			

**IMPORTANT
INFO
#NST**

PHYSICALS, PHYSICALS, PHYSICALS
IF YOU DON'T HAVE ONE BY AUGUST 1st, 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 EVERY DAY.