



## 2020 UHS FOOTBALL ~ July Instructional Sessions

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13 <b>Three-Week Summer Practice Session Begins</b> Lifting – 8:15am – 9:15am Practice – 9:15am – 12:00pm	14 Lifting – 8:15am – 9:15am Practice – 9:15am – 12:00pm	15 Lifting – 8:15am – 9:15am Practice – 9:15am – 12:00pm	16 Lifting – 8:15am – 9:15am Practice – 9:15am – 12:00pm	17 Lifting – 8:15am – 9:15am Practice – 9:15am – 12:00pm	18
19	20 Lifting – 8:15am – 9:15am Practice – 9:15am – 12:00pm	21 Lifting – 8:15am – 9:15am Practice – 9:15am – 12:00pm	22 Lifting – 8:15am – 9:15am Practice – 9:15am – 12:00pm	23 Lifting – 8:15am – 9:15am Practice – 9:15am – 12:00pm	24 Lifting – 8:15am – 9:15am Practice – 9:15am – 12:00pm	25
26	27 Lifting – 8:15am – 9:15am Practice – 9:15am – 12:00pm	28 Lifting – 8:15am – 9:15am Practice – 9:15am – 12:00pm  20 selected players work 10pm – 4am WVU Picnic Fundraiser	29 All hands on deck All players and volunteer parents to work WVU Picnic Fundraiser 7:30am – 7:00pm Best conditioning session of the season!	30 <b>FINAL SUMMER PRACTICE</b> Lifting – 8:15am – 9:15am Practice – 9:15am – 12:00pm	31	