



2021 UHS FOOTBALL ~ JUNE Instructional Sessions

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Summer Weightlifting Begins 9:00am – 10:30am	3	4 Summer Weightlifting 9:00am – 10:30am	5
6	7 Summer Weightlifting 9:00am – 10:30am	8	9 Summer Weightlifting 9:00am – 10:30am	10	11 Summer Weightlifting 9:00am – 10:30am	12
13	14 Summer Weightlifting 9:00am – 10:30am	15	16 Summer Weightlifting 9:00am – 10:30am	17 Full Team Flex-Day Practice 10:30am – 12:30pm	18 Summer Weightlifting 9:00am – 10:30am Full Team Flex-Day Practice 10:30am – 12:30pm	19
20	21 Summer Weightlifting 9:00am – 10:30am Full Team Flex-Day Practice 10:30am – 12:30pm	22 Full Team Flex-Day Practice 10:30am – 12:30pm	23 Summer Weightlifting 9:00am – 10:30am WVU 7-on-7 & Big-Man Camp (Select group to attend)	24	25 Summer Weightlifting 9:00am – 10:30am Full Team Flex-Day Practice 10:30am – 12:30pm	26
27 University of Pittsburgh 7-on- 7 and Big-Man Challenge Camp (Select group to attend)	28	29	30			

PER COUNTY POLICY: All players must arrive to practices wearing a mask and they must remain on until actual conditioning or practice begins. It must be put back on upon completion of practice sessions. Players must bring their own water.