



LEXINGTON FOOTBALL

JUNE 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	28 LIFT 2:30-4:30 PM	29 CONDITIONING 2:30-4:00	30 LIFT 2:30-4:30 PM	31 LIFT 2:30-4:30 PM	1	2
3	4 LIFT 2:30-4:30 PM	5 CONDITIONING 2:30-4:00	6 LIFT 2:30-4:30 PM	7 LIFT 2:30-4:30 PM	8	9
10	11 LIFT 2:30-4:30 PM	12 CONDITIONING 2:30-4:00	13 LIFT 2:30-4:30 PM	14 LIFT 2:30-4:30 PM	15	16
17	18 LIFT 2:30-4:30 PM	19 CONDITIONING 2:30-4:00	20	21 IRON MAN 2:30-4:30 PM	22 IRON MAN 2:30-4:30 PM	23
24	25 IRON MAN 2:30-4:30 PM	26 IRON MAN 5:00-8:00 PM	27	28 LIFT 2:30-4:30 PM	29 LIFT 2:30-4:30 PM	30



LEXINGTON FOOTBALL

JULY 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>No Contact Period</i>	2 <i>No Contact Period</i>	3 <i>No Contact Period</i>	4 <i>No Contact Period</i>	5 <i>No Contact Period</i>	6 <i>No Contact Period</i>	7 <i>No Contact Period</i>
8 <i>No Contact Period</i>	9	10 <u>CAMP</u> <u>8 am -12:30 pm</u>	11 <u>CAMP</u> <u>8 am -12:30 pm</u>	12	13 <u>CAMP</u> <u>8 am -12:30 pm</u>	14
15	16 <u>AU CAMP</u> <u>Soph., Jr. & Sr.</u>	17 <u>AU CAMP</u> <u>Soph., Jr. & Sr.</u>	18 <u>AU CAMP</u> <u>Soph., Jr. & Sr.</u>	19	20 <u>CAMP</u> <u>8 am -12:30 pm</u>	21
22	23	24 <u>CAMP</u> <u>8 am -12:30 pm</u>	25 <u>CAMP</u> <u>8 am -12:30 pm</u>	26	27 <u>CAMP</u> <u>8 am -12:30 pm</u>	28
29	30	31				



LEXINGTON FOOTBALL

AUGUST 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	30 <i>Practice</i> 2:30-8:00 PM <i>Helmets & Shorts</i>	31 <i>Practice</i> 2:30-8:00 PM <i>Helmets & Shorts</i>	1 <i>Practice</i> 2:30-8:00 PM <i>Helmet & Shoulder Pads & Shorts—Shells</i>	2 <i>Practice</i> 2:30-8:00 PM <i>Helmet & Shoulder Pads & Shorts—Shells</i>	3 <i>Practice</i> 2:30-8:00 PM <i>Full Pads—No Contact</i>	4 <u><i>Half Practice</i></u> 10 am—Noon <i>Full Pads</i> 1st Day of Contact
5	6 <i>Practice</i> 2:30-8:00 PM <i>Full Pads</i>	7 <i>Practice</i> 2:30-8:00 PM <i>Full Pads</i>	8 <i>Practice</i> 2:30-8:00 PM <i>Full Pads</i>	9 <i>Practice</i> 2:30-8:00 PM <i>Full Pads</i>	10 <i>Practice</i> 2:30-8:00 PM <i>Full Pads</i>	11 <i>Scrimmage vs Clear Fork & Loudonville</i> 10 am @ Home.
12	13 <i>Practice</i> 2:30-8:00 PM <i>Full Pads</i>	14 <i>Practice</i> 2:30-8:00 PM <i>Full Pads</i>	15 <i>Practice</i> 2:30-8:00 PM <i>Full Pads</i>	16 <i>Practice</i> 2:30-8:00 PM <i>Full Pads</i>	17 <i>Scrimmage vs. Buckeye Valley</i> 6pm @ Home.	18 <i>Film & Conditioning @ 8 am.</i>
19	20 <i>Practice</i> 2:30-6:00 PM <i>Shells</i>	21 <i>Practice</i> 2:30-6:00 PM <i>Full Pads</i>	22 <i>Practice</i> 2:30-6:00 PM <i>Full Pads</i>	23 <i>Practice</i> 2:30-5:00 PM <i>Helmets & Shorts</i>	24 <i>BEAT ONTARIO AWAY</i>	25 <i>Film & Conditioning @ 8 am</i>
26	27 <i>Practice</i> 2:30-6:00 PM <i>Shells</i>	28 <i>Practice</i> 2:30-6:00 PM <i>Full Pads</i>	29 <i>Practice</i> 2:30-6:00 PM <i>Full Pads</i>	30 <i>Practice</i> 2:30-5:00 PM <i>Helmets & Shorts</i>	31 <i>BEAT SHELBY HOME</i>	