

# NLMS AGGIES-June 2019 Summer Workouts-JH Football

Sun                      Mon                      Tues                      Wed                      Thurs                      Fri                      Sat

<p><i>Coach Wilkinson</i> 256-487-2506</p>	<p align="center"><b><u>WORKOUTS are not optional!!!</u></b>  <b><u>16 Dates-Minimum of 12 workouts are required!</u></b></p> <ul style="list-style-type: none"> <li>• It is the responsibility of each player to be on time for workouts 10 min. prior to start time.</li> <li>• Attendance will be checked 5 min. prior</li> </ul>				OFF	1
<p>2 <i>Coach Wilkinson</i> 256-487-2506</p>	<p>3 Workout #1 8am-10am Weight Room Locker Room-1-5 8<sup>th</sup>-Helmets and Lockers</p>	<p>4 OFF</p>	<p>5 Workout #2 8am-10am Weight Room Locker Room 1-5 7<sup>th</sup>-Helmets and Lockers</p>	6 OFF	7 OFF	8
<p>9 <i>Coach Wilkinson</i> 256-487-2506</p>	<p>10 Workout #3 8am-10am Weight Room Locker Room 6-10 8<sup>th</sup>-Pads and cloth</p>	<p>11 OFF</p>	<p>12 Workout #4 8am-10am Weight Room Locker Room 6-10 7<sup>th</sup>-Pads and cloth</p>	13 OFF	14 OFF	15
<p>16 <i>Coach Wilkinson</i> 256-487-2506</p>	<p>17 Workout #5 8am-10am Weight Room Locker Room 11-15</p>	<p>18 OFF</p>	<p>19 Workout #6 8am-10am Weight Room Locker Room 11-15 <b><u>DEADLINE FOR PAPERWORK!!!</u></b></p>	20 OFF	21 OFF	22
<p>23 <i>Coach Wilkinson</i> 256-487-2506</p>	<p>24 Workout #7 8am-10am Weight Room Locker Room 16-20</p>	<p>25 OFF</p>	<p>26 Workout #8 8am-10am Weight Room Locker Room 16-20</p>	27 OFF	28 OFF	29

# NLMS AGGIES-July 2019 Summer Workouts-JH Football

Sun                      Mon                      Tues                      Wed                      Thurs                      Fri                      Sat

<i>Coach Wilkinson 256-487-2506</i>	1 OFF	2 OFF	3 OFF	4 OFF <b>INDEPENDENCE DAY!!!</b>	5 OFF	6	
<i>Coach Wilkinson 256-487-2506</i>	7	8 Workout #9 8am-10am Weight Room Locker Room 21-25	9 OFF	10 Workout #10 8am-10am Weight Room Locker Room 21-25	11 OFF	12 OFF	13
<i>Coach Wilkinson 256-487-2506</i>	14	15 Workout #11 8am-9am Weight Room Locker Room 26-30 <b>ALL STAR SPORTS WEEK</b>	16 OFF <b>ALL STAR SPORTS WEEK</b>	17 Workout #12 8am-9am Weight Room Locker Room 26-30 <b>ALL STAR SPORTS WEEK</b>	18 OFF <b>ALL STAR SPORTS WEEK</b>	19 OFF <b>ALL STAR SPORTS WEEK</b>	20
<i>Coach Wilkinson 256-487-2506</i>	21	22 Workout #13 8am-10am Weight Room Locker Room 31-35	23 OFF	24 Workout #14 8am-10am Weight Room Locker Room 31-35	25 OFF	26 OFF	27
<i>Coach Wilkinson 256-487-2506</i>	28	29 Workout #15 8am-10am Weight Room Locker Room 36-40	30 OFF	31 Workout #16 8am-10am Weight Room Locker Room 36-40	<p align="center"><b><u>WORKOUTS are not optional!!!</u></b>  <b><u>16 Dates-Minimum of 12 workouts are required!</u></b></p> <ul style="list-style-type: none"> <li>It is the responsibility of each player to be on time for workouts 10 min. prior to start time. Attendance will be checked 5 min. prior</li> </ul>		

# NLMS AGGIES -August 2019 Fall Practice-JH Football

Sun                      Mon                      Tues                      Wed                      Thurs                      Fri                      Sat

<i>Coach Wilkinson</i> 256-487-2506	<b>*Practice is Mandatory!!!!</b> -A missed practice is <u>unexcused</u> -15 Plates		OFF	1 OFF	2 OFF	3
4 <i>Coach Wilkinson</i> 256-487-2506	5 <u>FIRST DAY OF PRACTICE</u> 3:15-5:30 <u>Helmets and Shorts</u> Locker Room 36-40	6 PRACTICE 3:15-5:30 <u>Helmets and Shorts</u> Locker Room 36-40	7 <u>1<sup>st</sup> Day of School</u>  NO PRACTICE <u>HYDRATE!!</u>	8 PRACTICE 3:00-5:00 <u>Helmets and Shells</u> Locker Room 36-40	9 PRACTICE 3:00-5:00 <u>Helmets and Shells</u> Locker Room 36-40	10
11 <i>Coach Wilkinson</i> 256-487-2506	12 PRACTICE 3:00-5:00 <u>FULL PADS</u> Locker Room 41-45	13 PRACTICE 3:00-5:00 Locker Room 41-45	14 PRACTICE 3:00-5:00 Locker Room 41-45	15 PRACTICE 3:00-5:00 Locker Room 41-45	16 PRACTICE 3:00-5:00 Locker Room 41-45	17
18 <i>Coach Wilkinson</i> 256-487-2506	19 PRACTICE 3:00-5:00 Locker Room 46-51	20 PRACTICE 3:00-5:00 Locker Room 46-51	21 PRACTICE 3:00-5:00 Locker Room 46-51	22 PRACTICE 3:00-5:00 <u>Helmets and Shorts</u> Walk-Thru Locker Room 46-51	23 OFF	24 Game Day-10am <u>Jamboree</u> Pell City-HOME Jamboree NLMS 7:00am-?
25 <i>Coach Wilkinson</i> 256-487-2506	26 PRACTICE 3:00-5:00 Locker Room 1-5	27 PRACTICE 3:00-5:00 Locker Room 1-5	28 PRACTICE 3:00-5:00 Locker Room 1-5	29 PRACTICE 3:00-5:00 Locker Room 1-5	30 OFF	31