

JACK BRITT FOOTBALL



Offseason WORKOUTS 2019



May 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Official Spring Practice 4:00 to 5:30	2 Official Spring Practice 4:00 to 5:30	3 Official Spring Practice 4:00 to 5:30	4 No Workouts
6 Official Spring Practice 4:00 to 5:30	7 Official Spring Practice 4:00 to 5:30	8 Official Spring Practice 4:00 to 5:30	9 Official Spring Practice 4:00 to 5:30	10 Official Spring Practice 4:00 to 5:30	11 No Workouts
13 Dead Period No Workouts	14 Dead Period No Workouts	15 Dead Period No Workouts	16 Dead Period No Workouts	17 Dead Period No Workouts	18 Dead Period No Workouts
20 Dead Period No Workouts	21 Mandatory Parent Meeting 6PM - 7:30PM Auditorium	22 Dead Period No Workouts	23 Dead Period No Workouts	24 LAST DAY OF SCHOOL	25 No Workouts "Snap Raise" Kickoff
27 Memorial Day No Workouts	28 Lifting/Conditioning 6am - 7:30am Teacher Workday Practice 4pm - 6:30pm	29 Lifting/Conditioning 6am - 7:30am Teacher Workday Practice 4pm - 6:30pm	30 Teacher Workday GRADUATION 2019 No Workouts	31 Teacher Workday No Workouts	

TIME schedule for all SPRING workouts

4:00 to 5:30pm

Helmets/Shoulder Pads



June 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 No Workouts
3 No Workouts Teacher Workday	4 Lifting/Conditioning 6am - 7:30am Teacher Workday Practice 4pm - 6:30pm	5 Lifting/Conditioning 6am - 7:30am Teacher Workday Practice 4pm - 6:30pm	6 Lifting/Conditioning 6am - 7:30am Teacher Workday Practice 4pm - 6:30pm	7 Teacher Workday No Workouts	8 No Workouts Sports Physicals Fay. Orthopedics Fee: \$10 Time: 8am - 12pm(noon)
10 No Workouts	11 Lifting/Conditioning 7:00 – 9:00 am Varsity Practice 9:30 – 11:00	12 Lifting/Conditioning 7:00 – 9:00 am Varsity Practice 9:30 – 11:00	13 Lifting/Conditioning 7:00 – 9:00 am Varsity Practice 9:30 – 11:00	14 7 on 7 @ Pinecrest 9am FREE Arrive @ JBHS 7 am	15 No Workouts
17 No Workouts	18 Lifting/Conditioning 7:00 – 9:00 am Varsity Practice 9:30 – 11:00	19 Lifting/Conditioning 7:00 – 9:00 am Varsity Practice 9:30 – 11:00	20 Lifting/Conditioning 7:00 – 9:00 am Varsity Practice 9:30 – 11:00	21 NC State 7 on 7 Camp \$20 per player Arrive @ JBHS 2 pm	22 No Workouts
24 No Workouts	25 Lifting/Conditioning 7:00 – 9:00 Varsity Practice 9:30 – 11:00	26 Lifting/Conditioning 7:00 – 9:00 Varsity Practice 9:30 – 11:00	27 Lifting/Conditioning 7:00 – 9:00 Varsity Practice 9:30 – 11:00	28 7v7 vs EE Smith 6pm Arrive @ JBHS 4:30 pm	29 No Workouts



July 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 No Workouts	2 No Workouts	3 No Workouts	4 No Workouts	5 No Workouts	6 No Workouts
8 Lifting/Conditioning 7:00 – 9:00 Varsity Practice 9:30 – 11:00	9 Lifting/Conditioning 7:00 – 9:00 Varsity Practice 9:30 – 11:00	10 Campbell University Team Camp \$165 Total Cost Per Player Arrive @ JBHS 9:30am	11 Campbell University Team Camp \$165 Total Cost Per Player	12 Campbell University Team Camp \$165 Total Cost Per Player Pick-up @ JBHS 1:30pm	13 No Workouts
15 Coach's Clinic No Workouts	16 Coach's Clinic No Workouts	17 Coach's Clinic No Workouts	18 Coach's Clinic No Workouts	19 Coach's Clinic No Workouts	20 No Workouts
21 Lifting/Conditioning 7:00 – 9:00 Varsity Practice 9:30 – 11:00	23 Lifting/Conditioning 7:00 – 9:00 Varsity Practice 9:30 – 11:00	24 Lifting/Conditioning 7:00 – 9:00 Varsity Practice 9:30 – 11:00	25 Lifting/Conditioning 7:00 – 8:30 Varsity Practice 9:30 – 11:00	26 No Workouts FREE JBHS Youth Camp 9am-12pm	27 No Workouts
29 Lifting/Conditioning 7:00 – 9:00 Varsity Practice 9:30 – 11:00	30 Lifting/Conditioning 7:00 – 9:00 Varsity Practice 9:30 – 11:00	31 Lifting/Conditioning 7:00 – 9:00 Varsity Practice 9:30 – 11:00			



August 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 1st Official Practice 7:30 – 9:30 Helmets (Fundraiser Kickoff) 10AM 4pm - 6pm Lifting/Film	2 2nd Official Practice 7:30 – 9:30 Helmets 4pm - 6pm Lifting/Film	3 3rd Day 7:30 – 9:30 Helmets & Shoulder Pads
5 4th Day 7:30 – 9:30 Helmets & Shoulder Pads 4pm - 6pm Lifting/Film	6 5th Day 7:30 – 9:30 Full Pads 4pm - 6pm Lifting/Film	7 6th Day 7:30 – 9:30 Full Pads 4pm - 6pm Lifting/Film	8 7th Day 7:30 – 9:30 (Modified) Full Pads “JBHS Fall Game” 6pm	9 8th Day 7:30 – 9:30 Full Pads 4pm - 6pm Lifting/Film	10 9th Day Scrimmage @JBHS Vs E.E. Smith (9am) Arrive @ JBHS (7:30)
12 Practice 4:00 - 6:00 pm	13 Practice 4:00 - 6:00 pm	14 Practice 4:00 - 6:00 pm	15 Practice 4:00 - 6:00 pm	16 CCS Jamboree @GCHS Gray’s Creek HS(9:00 pm) Arrive @ JBHS (7 pm)	17 8:00 - 9:30 Film/Walk-Thru
19 Teacher Workday Practice 4:00 - 6:00 pm	20 Teacher Workday Practice 4:00 - 6:00 pm	21 Teacher Workday Practice 4:00 - 6:00 pm	22 Teacher Workday Practice 4:00 - 5:30 pm	23 Teacher Workday Beat Southview Arrive @ JBHS 3:00pm	24 8:00 - 9:30 Film/Walk-Thru
26 The First Day of School 4:00 - 6:00 pm	27 Practice 4:00 - 6:00 pm	28 Practice 4:00 - 6:00 pm	29 Practice 4:00 - 5:30 pm	30 Beat Terry Sanford	31 8:00 - 9:30 Film/Walk-Thru