

# JACK BRITT FOOTBALL



**JV Offseason WORKOUTS 2019**



# June 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> No Workouts
<b>3</b> No Workouts Teacher Workday	<b>4</b> Teacher Workday Practice 4pm - 6:30pm	<b>5</b> Teacher Workday Practice 4pm - 6:30pm	<b>6</b> Teacher Workday Practice 4pm - 6:30pm	<b>7</b> Teacher Workday No Workouts	<b>8</b> No Workouts Sports Physicals Fay. Orthopedics Fee: \$10 Time: 8am - 12pm(noon)
<b>10</b> No Workouts	<b>11</b> JV Practice 7:30 – 9:00 am Lifting/Conditioning 9:30 – 10:30	<b>12</b> JV Practice 7:30 – 9:00 am Lifting/Conditioning 9:30 – 10:30	<b>13</b> JV Practice 7:30 – 9:00 am Lifting/Conditioning 9:30 – 10:30	<b>14</b> 7 on 7 @ Pinecrest 9am FREE Arrive @ JBHS 7 am (Invite ONLY)	<b>15</b> No Workouts
<b>17</b> No Workouts	<b>18</b> JV Practice 7:30 – 9:00 am Lifting/Conditioning 9:30 – 10:30	<b>19</b> JV Practice 7:30 – 9:00 am Lifting/Conditioning 9:30 – 10:30	<b>20</b> JV Practice 7:30 – 9:00 am Lifting/Conditioning 9:30 – 10:30	<b>21</b> NC State 7 on 7 Camp \$20 per player Arrive @ JBHS 2 pm (Invite ONLY)	<b>22</b> No Workouts
<b>24</b> No Workouts	<b>25</b> JV Practice 7:30 – 9:00 am Lifting/Conditioning 9:30 – 10:30	<b>26</b> JV Practice 7:30 – 9:00 am Lifting/Conditioning 9:30 – 10:30	<b>27</b> JV Practice 7:30 – 9:00 am Lifting/Conditioning 9:30 – 10:30	<b>28</b> 7v7 vs EE Smith 6pm Arrive @ JBHS 4:30 pm (Invite ONLY)	<b>29</b> 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 JV Practice 7:30 – 9:00 am Lifting/Conditioning 9:30 – 10:30	9 JV Practice 7:30 – 9:00 am Lifting/Conditioning 9:30 – 10:30	10 (Invite ONLY) Campbell University Team Camp \$165 Total Cost Per Player Arrive @ JBHS 9:30am	11 (Invite ONLY) Campbell University Team Camp \$165 Total Cost Per	12 (Invite ONLY) 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 JV Practice 7:30 – 9:00 am Lifting/Conditioning 9:30 – 10:30	23 JV Practice 7:30 – 9:00 am Lifting/Conditioning 9:30 – 10:30	24 JV Practice 7:30 – 9:00 am Lifting/Conditioning 9:30 – 10:30	25 JV Practice 7:30 – 9:00 am Lifting/Conditioning 9:30 – 10:30	26 No Workouts FREE JBHS Youth Camp 9am-12pm	27 No Workouts
29 JV Practice 7:30 – 9:00 am Lifting/Conditioning 9:30 – 10:30	30 JV Practice 7:30 – 9:00 am Lifting/Conditioning 9:30 – 10:30	31 JV Practice 7:30 – 9:00 am Lifting/Conditioning 9:30 – 10:30			



# August 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 1st Official Practice 7:30 – 9:30 Helmets (Fundraiser Kickoff) 10AM	2 2nd Official Practice 7:30 – 9:30 Helmets	3 3rd Day 7:30 – 9:30 Helmets & Shoulder Pads
5 4th Day 7:30 – 9:30 Helmets & Shoulder Pads	6 5th Day 7:30 – 9:30 Full Pads	7 6th Day 7:30 – 9:30 Full Pads	8 7th Day 7:30 – 9:30 (Modified) Full Pads  “JBHS Fall Game” 6pm (Invite ONLY)	9 8th Day 7:30 – 9:30 Full Pads	10 9th Day Scrimmage @JBHS Vs E.E. Smith (9am) Arrive @ JBHS (7:30) (Invite ONLY)
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 (Invite ONLY) CCS Jamboree @GCHS Gray’s Creek HS(9:00 pm) Arrive @ JBHS (7 pm)	17
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 - 6:00 pm	23 Teacher Workday No Workouts	24
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 Beat Terry Sanford	30 No Workouts	31