

2018 SUNS FOOTBALL



MAY/JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
SUMMER NOTES DIRTY 30'S 30 SUMMER WORKOUTS WORKOUTS ARE 90 MIN LIFT/CONDITION		WIAA #1 MAY 29 FB PRACTICE 245 – 530 PM (Helmets only #1)	WIAA #2 MAY 30 FB PRACTICE 245 – 530 PM (Helmets only #2)	WIAA #3 MAY 31 FB PRACTICE 245 – 530 PM (Helmets only #3)	1	WIAA #4 2 7 on 7 @ Ellensburg 10 AM – 2 PM (Times based upon outcomes)
3	MON NIGHT FB: NO HUDDLE WORK TEAM DEFENSE FB SKILLS	WIAA #5 5 FB PRACTICE 245 – 530 PM (Full Gear #1)	WIAA #6 6 FB PRACTICE 245 – 530 PM (Full Gear #2)	WIAA #7 7 FB PRACTICE 245 – 530 PM (Full Gear #3)	8	9 GRADUATION
10	11	WIAA #8 12 FB PRACTICE 245 – 530 PM (Full Gear #1)	13 LAST DAY OF SCHOOL NO FB ACTIVITIES	WIAA #9 14 FB PRACTICE 245 – 530 PM (Full Gear #1) Possible scrimmage	WIAA #10 15 FB PRACTICE 9 AM – 1 PM (Scrimmage #1) (Full Gear #6) @ SHS stadium	WIAA #11 16 FB CAMP BOISE – DAY 1 (Scrimmage #2) (Full Gear #7)
WIAA #12 17 FB CAMP BOISE – DAY 2 (Scrimmage #3) (Full Gear #8)	WIAA #13 18 FB CAMP BOISE – DAY 3 (Scrimmage #4) (Full Gear #9)	WIAA #14 19 FB CAMP BOISE – DAY 4 (Scrimmage #5) (Full Gear #10)	20	21	22	23
24	WIAA #15 25 LIFT/RUN DIRTY THIRTY #1 6 – 730 PM	WIAA #16 26 LIFT/RUN RISE & GRIND DIRTY THIRTY #2 7 – 830 AM	WIAA #17 27 LIFT/RUN RISE & GRIND DIRTY THIRTY #3 7 – 830 AM	WIAA #18 28 LIFT/RUN RISE & GRIND DIRTY THIRTY #4 7 – 830 AM	29	30

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JULY

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
JULY 4TH BREAK						
8	WIAA #15 LIFT/RUN DIRTY THIRTY #5 6 – 730 PM <u>MONDAY NIGHT FB</u> 730 – 830 PM (all team practice)	10 LIFT/RUN RISE & GRIND DIRTY THIRTY #6 7 – 830 AM	WIAA #16 11 LIFT/RUN RISE & GRIND DIRTY THIRTY #7 7 – 830 AM 7 on 7 TBD	12 LIFT/RUN RISE & GRIND DIRTY THIRTY #8 7 – 830 AM	13	14
15	WIAA #17 16 LIFT/RUN DIRTY THIRTY #9 6 – 730 PM <u>MONDAY NIGHT FB</u> 730 – 830 PM (all team practice)	17 LIFT/RUN RISE & GRIND DIRTY THIRTY #10 7 – 830 AM	18 LIFT/RUN RISE & GRIND DIRTY THIRTY #11 7 – 830 AM	19 LIFT/RUN RISE & GRIND DIRTY THIRTY #12 7 – 830 AM	20	WIAA #18 21 7 on 7 @ Pasco 9AM – 5PM (Times based upon outcomes)
22	WIAA #19 23 LIFT/RUN DIRTY THIRTY #13 6 – 730 PM <u>MONDAY NIGHT FB</u> 730 – 830 PM (all team practice)	24 LIFT/RUN RISE & GRIND DIRTY THIRTY #14 7 – 830 AM	WIAA #20 25 LIFT/RUN RISE & GRIND DIRTY THIRTY #15 7 – 830 AM 7 on 7 TBD	26 LIFT/RUN RISE & GRIND DIRTY THIRTY #16 7 – 830 AM	27	28

2018 SUNS FOOTBALL



AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
JULY 29	JULY 30	JULY 31	1	2	3	4
AUGUST BREAK						
5	6	7	8	9	10	11
	LIFT/RUN DIRTY THIRTY #17 6 – 730 PM	LIFT/RUN RISE & GRIND DIRTY THIRTY #18 7 – 830 AM	LIFT/RUN RISE & GRIND DIRTY THIRTY #19 7 – 830 AM	LIFT/RUN RISE & GRIND DIRTY THIRTY #20 7 – 830 AM		
12	13	14	15	16	17	18
	LIFT/RUN DIRTY THIRTY #21 6 – 730 PM MAX TESTING GEAR DIST FOR NON - CAMP PLAYERS 4 – 6 PM	LIFT/RUN RISE & GRIND DIRTY THIRTY #22 6 – 730 PM MAX TESTING RUNNING TESTING	DIRTY THIRTY #23 7 – 830 AM <u>PRACTICE #1</u> 3 – 5 PM SUNS OLYMPICS 6 – 9 PM	DIRTY THIRTY #24 7 – 830 AM <u>PRACTICE #2</u> 3 – 5 PM GOLD CARD BLITZ NIGHT (PIZZA FEED)	DIRTY THIRTY #25 7 – 830 AM <u>PRACTICE #3</u> 3 – 5 PM GAME JERSEY DIST DODGEBALL 7 – 9 PM	<u>PRACTICE #4</u> 10 AM (Scrimmage) @SHS stadium
19	20	21	22	23	24	25
	DIRTY THIRTY #26 TBD <u>PRACTICE #5</u> 4 – 6 PM	DIRTY THIRTY #27 TBD <u>PRACTICE #6</u> 4 – 6 PM	DIRTY THIRTY #28 TBD <u>PRACTICE #7</u> 4 – 6 PM	DIRTY THIRTY #29 TBD <u>PRACTICE #8</u> 4 – 6 PM	DIRTY THIRTY #30 TBD <u>PRACTICE #9</u> 4 – 6 PM	<u>PRACTICE #4</u> 10 AM SUN BLAST @ SHS stadium
26	27	28	29	30	31	SEPT 1
	<u>PRACTICE</u> 245 – 5 PM	<u>PRACTICE</u> 245 – 5 PM	<u>PRACTICE</u> 245 – 5 PM	<u>PRACTICE</u> 245 – 5 PM	HOME vs WAHI 700 PM	