

June

2016

WICOMICO FOOTBALL

SUMMER SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 STRENGTH AND CONDITIONING 3PM	2	3 STRENGTH AND CONDITIONING 3PM	4
5	6 STRENGTH AND CONDITIONING 3PM	7 *7 ON 7 PRACTICE 5PM*	8 STRENGTH AND CONDITIONING 530PM	9 *7 ON 7 PRACTICE 530PM	10 STRENGTH AND CONDITIONING 530PM	11 *PARKSIDE 7 ON 7
12	13 STRENGTH AND CONDITIONING 3PM	14 *DELMAR 7 ON 7 – 5PM	15 STRENGTH AND CONDITIONING 530PM	16 *7 ON 7 PRACTICE 530PM	17 STRENGTH AND CONDITIONING 530PM	18
19	20 STRENGTH AND CONDITIONING 530PM	21 *DELMAR 7 ON 7 – 5PM	22 STRENGTH AND CONDITIONING 530PM	23 *7 ON 7 PRACTICE 530PM	24 STRENGTH AND CONDITIONING 530PM	25 *WEST CHESTER 7 ON 7 CHALLENGE LEAVE SALISBURY 5AM.
26	27 STRENGTH AND CONDITIONING 530PM	28 *DELMAR 7 ON 7 – 5PM	29 STRENGTH AND CONDITIONING 530PM	30 *7 ON 7 PRACTICE 530PM		

** These are events are not associated with Wicomico High School

July

2016

WICOMICO FOOTBALL

SUMMER SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 STRENGTH AND CONDITIONING 530PM	2
3	4 HOLIDAY	5 PLAYER/PARENT MEETING 530PM	6 STRENGTH AND CONDITIONING 530PM	7 *7 ON 7 PRACTICE 5PM	8 STRENGTH AND CONDITIONING 530PM	9
10 STRENGTH AND CONDITIONING 530PM	11	12 *DELMAR 7 ON 7 – 5PM	13 STRENGTH AND CONDITIONING 530PM	14 *7 ON 7 PRACTICE 530PM	15 STRENGTH AND CONDITIONING 530PM	16
17 STRENGTH AND CONDITIONING 530PM	18	19 *DELMAR 7 ON 7 – 5PM	20 STRENGTH AND CONDITIONING 530PM	21 *SALISBURY CAMP	22 *SALISBURY CAMP	23 *SALISBURY CAMP
24 STRENGTH AND CONDITIONING 530PM	25	26 *DELMAR 7 ON 7 – 5PM	27 STRENGTH AND CONDITIONING 530PM	28 *7 ON 7 PRACTICE 530PM	29	30
31						

** These events are not associated with Wicomico High School

August

2016

WICOMICO FOOTBALL

SUMMER SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 NO WORKOUT	2	3	4	5	6
7	8 EQUIPMENT ISSUE PAPERWORK TURN IN – 5PM @ STADIUM	9 TEAM MEETING @ SCHOOL 7PM	10 MANDATORY HEAT ACCLIMATION 5PM-7PM	11 MANDATORY HEAT ACCLIMATION 5PM-7PM	12 MANDATORY HEAT ACCLIMATION 5PM-7PM	13 MANDATORY HEAT ACCLIMATION 5PM-7PM
14	15 Walk thru 430PM-530PM PRACTICE 530-730	16 PRACTICE 730AM-930AM Walk Thru 430PM-530PM PRACTICE 530PM-730PM	17 Walk Thru 430pm-530pm PRACTICE 530pm-730pm	18 PRACTICE 730AM-930AM Walk Thru 430PM-530PM PRACTICE 530PM-730PM	19 Walk thru 430-530PM PRACTICE 530pm-730pm	20 DELMAR SCRIMMAGE 10AM
21	22 PRACTICE 730AM-930AM Walk thru – 430pm-530pm PRACTICE 530PM-730PM	23 Pre-Practice walk thru 430-530PM PRACTICE 530-730	24 PRACTICE 730AM-930AM Walk thru – 430pm-530pm PRACTICE 500PM-700PM	25 Walk thru 430PM-530PM PRACTICE 530PM-730PM	26 KENT COUNTY SCRIMMAGE 6PM	27 PRACTICE 8AM-10AM PHOTOS 1030AM
28						