Lawton Football 2016:
June:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10 Last Day Of School!	11
12	13 **Weights:** 8am - 9am 6pm - 7pm (Pop Pass, Fades)	14	15 **Weights:** 8am - 9am 6pm - 7pm (Hitches / Z outs)	16	17 **Weights:** 8am - 9am 6pm - 7pm (Slants / Bombs)	18 **Car Wash** **10am -2pm**
19	20 **Weights:** 8am - 9am 6pm - 7pm (Rockets / Pops)	21	22 **Weights:** 8am - 9am 6pm - 7pm (Scissors / Arrows wheels)	23	24 **Weights:** 8am - 9am 6pm - 7pm (Inverted Wheels, Hooks, Fades)	25
26	27 **Weights:** 8am - 9am 6pm - 7pm (Zouts, Slants, Bombs)	28	29 **Weights:** 8am - 9am 6pm - 7pm (Pop Pass, Rocket, Hitches)	30		

July:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 **Weights:** 8am - 9am 6pm - 7pm (Pop Pass, Rocket, Hitches)	2
3 **School Wide Dead Week**	4 **School Wide Dead Week**	5 **School Wide Dead Week**	6 **School Wide Dead Week**	7 **School Wide Dead Week**	8 **School Wide Dead Week**	9 **School Wide Dead Week**
10 **School Wide Dead Week**	11 **Weights:** 6pm - 7:15pm Skills and Drills	12	13 **Weights:** 6pm - 7:15pm Skills and Drills	14	15 **Weights:** 6pm - 7:15pm Skills and Drills	16
17	18 **Weights:** 6pm - 7:15pm Skills and Drills	19	20 **Weights:** 6pm - 7:15pm Skills and Drills	21	22 **Weights:** 6pm - 7:15pm Skills and Drills	23
24	25 **Football Camp: 5pm - 8pm**	26 **Football Camp: 5pm - 8pm**	27 **Football Camp: 5pm - 8pm**	28 **Football Camp: 5pm - 8pm**	29 **Football Camp: 5pm - 8pm**	30
31 Football Dead Week						

August:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Football Dead Week	2 Football Dead Week	3 Football Dead Week	4 Football Dead Week	5 Football Dead Week	6 Football Dead Week
7 Football Dead Week	8 ****Mandatory**** **Practice:** **Varsity / JV** **7:30am - 1pm**	9 ****Mandatory**** **Practice:** **Varsity / JV** **7:30am - 1pm**	10 ****Mandatory**** **Practice:** **Varsity / JV** **7:30am - 1pm**	11 ****Mandatory**** **Practice:** **Varsity / JV** **7:30am - 1pm**	12 ****Mandatory**** **Practice:** **Varsity / JV** **7:30am - 1pm**	13
14	15 **Mandatory Practice:** Varsity - 8am-12pm JV- 4pm - 7pm	16 **Mandatory Practice:** Varsity - 8am-12pm JV- 4pm - 7pm	17 **Mandatory Practice:** Varsity - 8am-12pm JV- 4pm - 7pm	18 **Scrimmage:** Time and Location - TBA	19 Friday Night Lights Practice: 6pm - 10pm (JV and Varsity)	20 Rocket Camp: 10am-12pm (Varsity Only)
21	22 **Mandatory Practice:** School Routine: JV and Varsity 3pm - 5:30pm	23 **Mandatory Practice:** School Routine: JV and Varsity 3pm - 5:30pm	24 **Mandatory Practice:** School Routine: 3pm - 5:30pm	First JV Game @ Bloomingdale	25 First Varsity Game: Home vs B-Dale	27
28	29	30	31			