



# Football Important Dates



Strength and Conditioning Times: 8:00-9:45am

## Strength and Conditioning Days

Week 1 SAQ: June 3-6

Week 2 SAQ: June 10-13

Week 3 SAQ: June 17-20

Week 4 SAQ: June 24-27

\*No SAQ 4th of July Week

Week 5 SAQ: July 8-11

Week 6 SAQ: July 15-18

Week 7 SAQ: July 22-25

## Incoming 9-12th grade football skill days

June 3, 4 (10:00-10:45am)

June 10, 11 (10:00-10:45am)

June 17, 18 (10:00-10:45am)

June 24, 25 (10:00-10:45am)

\*Nothing during 4th of July Week

July 8, 9 (10:00-10:45am)

July 15, 16 (10:00-10:45am)

July 24, 25 (10:00-10:45am) \*Wed, Thurs

July 29, 30 (8:00-9:00am)

## **AHS Football Parent Orientation:**

**July 31st (Wednesday) 6:00-7:30pm in Auditorium (No players)**

## **AHS Football Player Orientation: August 1st (Thursday)**

**JV and Varsity Players- AHS Auditorium 8:45-10:30am**

**9th Grade Players- AHS Auditorium 10:45am-12:30pm**

**1st Day of MANDATORY Fall Practice: Monday August 5th (ALL AHS Football Players)**

# The Most Ability is ACCOUNTABILITY!

