

August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12 Preseason Practice Begins (5-8 PM) Parent Meeting (5-5:15)	13 Practice (5-8 PM)	14 Practice (5-8 PM)	15 Practice (5-8 PM)	16 Practice (5-8 PM)	17
18	19 Practice (5-8 PM) First Day Full Pads No Contact	20 Practice (After School approx. 2 hrs) No Contact	21 Practice (After School – 2 hrs) No Contact	22 Practice (After School – 2 hrs) First Day Full Contact	23 Practice (After School – 2 hours)	24
25	26 Practice (After School – 2 hours)	27 Practice (After School – 2 hours)	28 Practice (After School – 2 hours)	29 Practice (After School – 2 hours)	30 Practice (TBD)	31 Scrimmage Game vs. Braxton County (Noon @ Westwood)

#MOUNTAINEERFOOTBALL2019