***2017 ST. MARY'S FOOTBALL GRADES 9-12***

***START AND PRACTICE SCHEDULE***

**MONDAY AUGUST 7, 2017 – WE WILL DO IMPACT TESTING!!! IMPORTANT YOU ARE HERE THIS DAY!**

- 9:00 – Seniors & Juniors - ImPact Test, hand out equipment, get lockers.

- 10:00 – Sophomores/Freshmen - ImPact Test, Hand equipment, lockers.

- 12:00 – All players and coaches meeting. All players need to be at this

 Meeting

**WEDNESDAY AUGUST 9 -** ***PRACTICE BEGINS FOR GRADES 9-12***

***ALL PLAYERS MUST HAVE A PHYSICAL TO START PRACTICE!!***

- 8:00 – Players Report/Meeting

- 9:00 – 10:30 Practice

- 11:00 – ImPact Testing for those that haven’t taken it.

**THURSDAY AUGUST 10**

- 8:30 – Players report

- 9:00 – 10:30 Practice

Break

- 11:00 – 12:30 Practice

**FRIDAY AUGUST 11**

- 8:30 – Players report

- 9:00 – 10:30 Practice

Break

- 11:00 – 12:30 Practice

# SATURDAY AUGUST 12

 - 8:30am – Players report

- 9:00 am – 11:30 Practice

- 5:00pm Team Party Coach Smrekar’s house

**ALL PLAYERS MUST HAVE A PHYSICAL TO START PRACTICE – ANY QUESTIONS PLEASE CONTACT COACH SMREKAR 701-391-5365**

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**MONDAY AUGUST 14**

- 8:30 – Players report

- 9:00 – 10:30 Practice

Break

- 11:00 – 12:30 Practice

**TUESDAY AUGUST 15**

- 8:30 – Players report

- 9:00 – 10:30 Practice

Break

- 11:00 – 12:30 Practice

**WEDNESDAY AUGUST 16**

- 8:30 – Players report

- 9:00 – 11:00 Practice

**THURSDAY AUGUST 17**

- 8:30 – Players report

- 9:00 – 10:30 Practice

Break

- 11:00 – 12:30 Practice

**FRIDAY AUGUST 18**

- 8:30 – Players report – PICTURE DAY

- 9:00 - Pictures

- 9:30 – 11:30 Practice

**SATURDAY AUGUST 19**

- 8:30 – Players report

- 10:00 – SCRIMMAGE AT THE BOWL

***STARTING MONDAY AUG. 21 PRACTICE WILL BE AT 3:30PM.***

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