Come Join Lucy Beckham Summer Football Workouts

JV Varsity: Mon-Thurs 7:45 AM to 10:45 AM

<u>C-Team</u> "Rising 7th and 8th graders":
Mon-Thurs 5PM to 7PM

For more information contact Head football coach, Jamel Smith at iamel-smith@charleston.k12.sc.us.com

C-Team Head football coach, Tariq Ravenell at tariq ravenell@charleston.k12.sc.us.com

June

Juile									
SUN	MON	TUE	WED	THR	FRI	SAT			
			1	2	3				
		ter in table 118							
			Exams	Exams	Exams				
				POPULATION OF					
			Players Off	Players Off	Players Off				
5	6	7	8	9	40	1			
3	W/O#	W/O#	W/O#	W/O#	10				
	V//O#	WIO#	W/O#	WIO#	Players Off				
	Football Weights	Football Weights	Football Weights	Football Weights	riayers On				
Defensive Week	Checkin-in	Checkin-in	Checkin-in	Checkin-in					
Dolonolio Trook	7:45-10:45am	7:45-10:45am	7:45-10:45am	7:45-10:45am					
	Varsity/JV	Varsity/JV	Varsity/JV	Varsity/JV					
12	13				17	1			
	W/O#	W/O#	W/O#	W/O#	5.40				
					Players Off				
	Football Weights	Football Weights	Football Weights	Football Weights					
Offensive Week	Checkin-in	Checkin-in	Checkin-in	Checkin-in					
	7:45-10:45am	7:45-10:45am	7:45-10:45am	7:45-10:45am					
	Varsity/JV	Varsity/JV	Varsity/JV	7 on 7 CB (10am)					
26	20	21	22	23	24	2			
	W/O#	W/O#	W/O#	W/O#	Coastal Carolina				
					Football Camp				
	Football Weights	Football Weights	Football Weights	Football Weights					
Defensive Week	Checkin-in	Checkin-in	Checkin-in	Checkin-in					
	7:45-10:45am	7:45-10:45am	7:45-10:45am	7:45-10:45am					
	Varsity/JV	Varsity/JV	Varsity/JV	7 on 7 CB (10am)					
26	27	28	29	30					
	W/O #	W/O#	W/O #	W/O #	20 20				
		- " ""	E II WALLET		Players Off				
	Football Weights	Football Weights	Football Weights	Football Weights					
Offensive Week	Checkin-in	Checkin-in	Checkin-in	Checkin-in					
	7:45-10:45am	7:45-10:45am	7:45-10:45am	7:45-10:45am					
	Varsity/JV	Varsity/JV	Varsity/JV Charleston Southern	Varsity/JV					
			7on7/OL-DL Challenge						

July

			July			
SUN	MON	TUE	WED	THR	FRI	SAT
					1	
					Players off	
3		5	6	7	8	
图 网络里克斯斯	Fourth of July				CONTRACTOR	ECHEMEN
	Week Off	Players Off	Players Off	Players Off	Players Off	
10		12	13	14	15	Market 1
	Practice #	Practice #	Practice #	Practice #		
	Football Weights	Football Weights	Football Weights	Football Weights		
	Checkin-in	Checkin-in	Checkin-in	Checkin-in		
Defensive Week	7:45-10:45am	7:45-10:45am	7:45-10:45am	7:45-10:45am		
	Varsity/JV	Varsity/JV	Varsity/JV	Varsity/JV		
				7 on 7/ Lucy Beckham		
17		19	20	21	22	2
	W/O #	W/O#	W/O#	W/O#	Dead Period	Dead Period
	Practice #	Practice #	Practice #	Practice #		
202	Football Weights	Football Weights	Football Weights	Football Weights		
Offensive Week	Checkin-in	Checkin-in	Checkin-in	Checkin-in		
	7:45-10:45am	7:45-10:45am	7:45-10:45am	7:45-10:45am		
	Varsity/JV	Varsity/JV	Varsity/JV	7 on 7/ @ Wando		
24	25	26	27	28	29	3
	Dead Period	Dead Period	Dead Period	Team Meeting	Pre-Season	Pre-Season
				4:00 PM		Practice #
					7:30am-10:30am	7:30am-10:30am
F-12/2-2-2-2-2-2-2-2-2-2-2-2-2-2-2-2-2-2-						
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