

# Spring Football April/May 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24 (April)	25 (April) Varsity/JV - #1 - 4:05 PM Freshman 2:45-4:15pm Varsity/JV lift in period 9th lift after practice	26 (April) Varsity/JV - #2 – 4:05pm Freshman 2:45-4:15pm	27 (April) <b>No Practice</b> All players will lift weights during the period.	28 (April) Varsity/JV - #3 AM Freshman 2:45-4:15pm  <a href="#">VB Madness</a>	29 (April) Varsity/JV - #4 AM Freshman 2:45-4:15pm Varsity/JV lift in period 9th lift after practice <a href="#">Regional Track</a>	30 (April)  <a href="#">Regional Track</a>
1	2 Varsity/JV - #5 PM Freshman 2:45-4:15pm Varsity/JV lift in period 9th lift after practice <b>STAAR Bio /AP Testing</b>	3 Varsity/JV - #6 PM Freshman 2:45-4:15pm  <b>STAAR Alg/AP Testing</b>	4 <b>No Practice</b> All players will lift weights during the period.  <b>STAAR Hist/AP Testing</b>	5 Varsity/JV - #7 AM Freshman 2:45-4:15pm  <b>STAAR M/U - AP Testing</b>	6 Varsity/JV - #8 AM Freshman 2:45-4:15pm  <b>STAAR M/U - AP Testing</b>	7
8	9 Varsity/JV - #9 PM Freshman 2:45-4:15pm Varsity/JV lift in period 9th lift after practice <b>AP Testing</b>	10 Varsity/JV - #10 PM Freshman 2:45-4:15pm  <b>AP Testing</b>	11 <b>No Practice</b> Varsity/JV lift in period 9th lift in period  <b>AP Testing</b>	12 Varsity/JV - #11 AM Freshman 2:45-4:15pm  <b>AP Testing</b>	13 Varsity/JV - #12 AM Freshman 2:45-4:15pm Varsity/JV lift in period 9th lift after practice <b>STATE TRACK</b>	14 <a href="#">Physicals @ CAC</a> <b>8:00am-Noon</b>  <b>STATE TRACK</b>
15	16 Varsity/JV - #13 PM Freshman 2:45-4:15pm Varsity/JV lift in period 9th lift after practice	17 Varsity/JV - #14 PM Freshman 2:45-4:15pm	18 <b>No Practice</b>	19 Varsity/JV - #15 AM Freshman 2:45-4:15pm	20 <b>Spring Jam</b> 9th – 5:30pm JV – 6:30pm Varsity – 7:30pm	21 <b>Lake Travis</b> <b>7on7 SQT</b>
22	23 <a href="#">Powder Puff</a>	24	25	26	27	28 <b>Round Rock</b> <b>7on7 SQT</b>