

SOUTHEAST RALEIGH BULLDOG FOOTBALL

June 2019

Calendar of Events




DOG DAYS OF SUMMER



All prospective athletes should have the following :

- Current Physical
- Cleats and Tennis Shoes
- Proper workout attire : shirt and shorts

(Navy, Forest Green, White, Black or Gray)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Workouts 8 am – 12 pm	4 Workouts 8 am – 12 pm	5 Workouts 8 am – 12 pm	6	7	8
9	10 Workouts 8 am – 12 pm	11 Workouts 8 am – 12 pm	12 Workouts 8 am – 12 pm	13 7 on 7 @ UNC 	14 7 on 7 & OL/DL Camp @ NC State 	15
16	17 Workouts 8 am – 12 pm	18 7 on 7 @ Middle Creek	19 Workouts 8 am – 12 pm	20 Workouts 8 am – 12 pm	21 7 on 7 @ Fayetteville State 	22
23	24 Workouts 8 am – 12 pm	25 7 on 7 @ Dudley	26 Workouts 8 am – 12 pm	27 Workouts 8 am – 12 pm	28	29
30						

SOUTHEAST RALEIGH BULLDOG FOOTBALL

July 2019

Calendar of Events

DOG DAYS OF SUMMER

There will be no workouts during the following weeks :



July 1st – July 7th

July 15th – July 21st



Our 1st Day of School is Thursday, July 25th.

The 1st Official Day of Practice is August 1st.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 NCHSAA DEAD PERIOD	2 NCHSAA DEAD PERIOD	3 NCHSAA DEAD PERIOD	4 NCHSAA DEAD PERIOD	5 NCHSAA DEAD PERIOD	6
7	8 Workouts 8 am – 12 pm 7 on 7 @ Campbell 6 – 9 pm 	9 Workouts 8 am – 12 pm	10 7 on 7 & OL/DL Camp @ Catawba 	11 Workouts 8 am – 12 pm	12	13
14	15 NCHSAA DEAD PERIOD	16 NCHSAA DEAD PERIOD	17 NCHSAA DEAD PERIOD	18 NCHSAA DEAD PERIOD	19 NCHSAA DEAD PERIOD	20
21	22 Workouts 3 pm – 5 pm	23 Workouts 3 pm – 5 pm	24 Workouts 3 pm – 5 pm	25 1 st Day of School Workouts 3 pm – 5 pm	26 Workouts 3 pm – 5 pm	27
28	29 Workouts 3 pm – 5 pm	30 Workouts 3 pm – 5 pm	31 Workouts 3 pm – 5 pm			