



Fall - Off Season Plan - 2022

**Starting 8/31 for JH & HS*

**JH Students will shuttle on Bus 45*

Monday - "Ownership" day on your own or w/ teammates

Tuesday - Wrestling 3:30-5 pm at *Wrestling Facility*

Wednesday - Lift/conditioning 3:30-4:45 pm at *Indoor Facility*

Thursday - Wrestling 3:30-5 pm at *Wrestling Facility*

Friday - "Ownership" day on your own or w/teammates

Concessions for Coaches & Athletes:

Friday 9/30 Football 7 pm (Report 5:30 pm, 2 adults, 20 workers)

Tuesday 10/4 Soccer 5 pm (Report 4:15 pm, 1 adult, 4 workers)

Monday 10/10 Softball 4:30 pm (Report 3:45 pm, 1 adult, 4 workers)

Monday 10/17 9th Football 6 pm (Report 5:15 pm, 1 adult, 4 workers)

Friday 9/30 Football 7 pm (Report 5:30 pm, 2 adults, 20 workers)

Coach Phillips & Coach

2 Parents -

First Half 5:30

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)

2 Parents -

Second Half (2min before Halftime)

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)

Tuesday 10/4 Soccer 5 pm (Report 4:15 pm, 1 adult, 4 workers)

Coach Phillips

- 1)
- 2)
- 3)
- 4)

Monday 10/10 Softball 4:30 pm (Report 3:45 pm, 1 adult, 4 workers)

Coach

- 1)
- 2)
- 3)
- 4)

Monday 10/17 9th Football 6 pm (Report 5:15 pm, 1 adult, 4 workers)

Coach

- 1)
- 2)
- 3)
- 4)