

## SaberCats Football Important Dates ~ 2018 Spring & Summer Schedule ~

(updated 1/9/2018 -Dates and Times subject to change)

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- January 2nd - May 18th **Off-Season Training**
  - Monday, Tuesday, Thursday, Friday
  - 6:10 a.m. - 7:10 a.m. before school
  - Wednesday Workouts as requested by athletes
- January 17th **Curriculum Fair 8th graders** 6:00 p.m. - 8:00 p.m.
- March 12th-16th **Spring Break** No Workouts
- May 1st First day incoming Freshman can formally workout with their chosen high school team. For those interested, please contact Coach Biggs to discuss.
- May 2nd **Parent meeting in the Roundhouse with Coach**
  - 6:30 p.m. - 7:00 p.m. Incoming Freshmen parents only
  - 7:00 p.m. - 8:00 p.m. All parent Meeting
- May 21st - 23rd **Combine Testing -Details to come**
  - We will test all athletes in speed, agility, jumping and lifting exercises to gauge their level for fall
  - Workouts to take place after school
- May 24th **Senior/Junior Equipment Checkout** 3:00 p.m.
- May 25th **Sophomore/Freshmen Equipment Checkout** 3:00 p.m.
- May 29th - June 1st **Summer Padded Practice** 3:00 p.m. - 6:30 p.m. All levels
- Saturday, June 2nd **Intra-squad Scrimmage** 8 a.m. (followed by Family bbq -details to come)
- June 4th & 6th **Weight Training** 7:00 a.m. - 9:00 a.m.
- June 4th - 7th **Summer Padded Practice** 3:00 p.m. - 6:30 p.m. All levels
- June 8th **Summer Scrimmage** Location & opponent TBD. Plan on all afternoon & into late evening.
- June 11th - June 29th **Summer Strength and Conditioning Phase I**
  - Monday & Friday 7:00 a.m. - 9:30 a.m. (Pickup @ 9:30 a.m.)
  - Tuesday & Thursday 6:30 a.m. - 9:30 a.m. (Pickup @ 9:30 a.m.)
- June 12th **Fossil Football Summer 7 v 7 Evening Passing League** 6:30 p.m.

- June 26th *Fossil Football Summer 7 v 7 Evening Passing League* 6:30 p.m.
- June 30th - Sunday July 8th *Summer Break - No Workouts*
  - Best time for vacations if possible
- July 9th - August 2nd *Summer Strength and Conditioning Phase II*
  - Monday & Friday 7:00 a.m.- 9:30 a.m. (Pickup @ 9:30 a.m.)
  - Tuesday & Thursday 6:30 a.m.- 9:30 a.m. (Pickup @ 9:30 a.m.)
- July 10th *Fossil Football Summer 7 v 7 Evening Passing League* 6:30 p.m.
- August 3rd *Fight Night and Picture Day* 2:00 p.m. - 8:30 p.m.

***\*EVERYTHING AFTER THIS POINT IS MANDATORY\****

- August 6th - August 10th *Fall Camp Practice* 3:00 p.m. - 6:30 p.m.
- Saturday, August 11th *Intra-squad scrimmage* 7:30 a.m. - 11:30 a.m.
- August 13th - August 16th *Fall Camp Practice* 3:00 p.m. - 6:30 p.m.
- Friday, August 17th *Freshman Transition Day at Fossil*  
*Fall Camp Scrimmage* Opponent & Location TBD
  - Plan on After School till Late Evening
- **Monday, August 20th** School Starts. Game week begins. Practice will always be after school & will be mandatory. Expect to always have something Saturday morning as well, whether it is a game or a practice. Sundays will always be off.
  - Missing practice for anything other than family emergencies will result in loss of playing time.
  - All illness & injuries must be cleared by athletic trainer to be excused from practice.
  - Every Athlete will be given 1 hour of excused practice time to use throughout the year for appointments, tutoring, make-up tests, etc. This 1 hour of excused time will not result in missed playing time.
  - Class schedules need to be set to not miss practice time. *Example:* DECA activities will no longer be an allowed excuse to miss practice. Family emergencies only.
  - If practice must be missed, communication is ***required***.
    - Absence - Communicated
      - 1st Miss - Sit a Quarter
      - 2nd Miss - Sit a Half
      - 3rd Miss - Miss Entire Game
      - 4th Miss - Discipline to be discussed with team captains
    - Absence - Not Communicated
      - 1st Miss - Miss entire Game
      - 2nd Miss - Miss 3 games
      - 3rd Miss - Discipline to be discussed with team captains