



June 2018 PFHS Football Workout Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 OFF	2 OFF
3 off	4 OFF	5 OFF	6 OFF	7 OFF	8 OFF	9 Physicals @ Fayetteville Ortho @ 8:00 am
10 OFF	11 JV and Varsity Workouts 4:30-7:30pm	12 JV and Varsity Workouts 4:30-7:30pm	13 JV and Varsity Workouts 4:30-7:30pm	14 JV and Varsity Workouts 4:30-7:30pm	15 OFF	16 OFF
17 OFF	18 JV and Varsity Workouts 5:30-8:30pm	19 JV and Varsity Workouts 5:30-8:30pm	20 JV and Varsity Workouts 5:30-8:30pm	21 7 on 7 @ Jack Britt @ 6:00 pm	22 OFF	23 OFF
24 OFF	25 Conditioning 6:00 – 8:00 am	26 Conditioning 6:00 – 8:00 am	27 Conditioning 6:00 – 8:00 am	28 Conditioning 6:00 – 8:00 am	29	30



July 2018 PFHS Football Workout Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 OFF	7 OFF
8 OFF	9 JV and Varsity Workouts 5:30 – 8:30 pm	10 JV and Varsity Workouts 5:30 – 8:30 pm	11 JV and Varsity Workouts 5:30 – 8:30 pm	12 JV and Varsity Workouts 5:30 – 8:30 pm	13 OFF	14 OFF
15 OFF	16 OFF	17 OFF	18 OFF	19 OFF	20 OFF	21 OFF
22 OFF	23 JV and Varsity Workouts 5:30-8:30pm	24 JV and Varsity Workouts 5:30-8:30pm	25 JV and Varsity Workouts 5:30-8:30pm	26 Mandatory Parent Meeting @ 6:30 pm	27 OFF	28 OFF
29 OFF	30 1 st Official Day of Practice 5:30 – 8:30 pm	31 Practice 5:30 – 8:30 pm				



August 2018 PFHS Football Workout Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Practice JV and Varsity 5:30 – 8:30 pm	2 Practice JV and Varsity 5:30 – 8:30 pm	3 Practice JV and Varsity 5:30 – 8:30 pm	4 Practice JV and Varsity 8:00 – 11:00 am
5 OFF	6 Practice JV and Varsity 5:30 – 8:30 pm	7 Practice JV and Varsity 5:30 – 8:30 pm	8 Jamboree at Pine Forest 7:30 pm	9 Practice JV and Varsity 5:30 – 8:30 pm	10 Scrimmage at Hoke County 6:00 pm	11 OFF
12 OFF	13 Practice JV and Varsity 5:30 – 8:30 pm	14 Practice JV and Varsity 5:30 – 8:30 pm	15 Practice JV and Varsity 5:30 – 8:30 pm	16 Varsity Practice 4:00-5:15 pm JV Game @ Purnell Swett	17 <u>1st Varsity Game</u> vs. Purnell Swett 7:30 pm HOME	18 OFF
19 OFF	20 Practice 4:30 – 7:30 pm	21 Practice 4:30 – 7:30 pm	22 Practice 4:30 – 7:30 pm	23 Practice 4:30 – 6:00 pm NO JV GAME	24 Varsity Game vs. Concord 7:30 pm HOME	25 OFF
26 OFF	27 <u>1st Day of School</u> Practice 4:00 – 7:00 pm	28 Practice 4:00 – 7:00 pm	29 Practice 4:00 – 7:00 pm	30 JV Game vs. Richmond 6:30 pm HOME	31 Varsity Game @ Richmond Co. 7:30 pm	Sep 1
Sep 2	Sep 3 <u>Labor Day</u> Practice 4:00 – 7:00 pm					