

## **2010 DODGE CITY HIGH SCHOOL FOOTBALL PRE-SEASON CALENDAR**

Monday, July 26<sup>th</sup> through Thursday, July 29<sup>th</sup> – Week 6 Demon Pride – 6:00-7:45 a.m. or 7:00-8:45 a.m.

- If you have NOT been attending, start now – “Better late than NEVER!”

Friday, July 30<sup>th</sup> – Community service project setting up for Dodge City Days Concert (meet Coach Foster at weight room at 8:00 a.m. if you have not been assigned to concert duty – failure to perform community service now will limit your ability to achieve football letter)

- 8:30 a.m. – 4:00 p.m. – Dodge City Days concert set-up (times will be assigned)
- 7:00-9:00 p.m. – Night of Champions – strength / speed / vertical testing for all high school football players; report to high school weight room

Saturday, July 31<sup>st</sup> - Community service project setting up for Dodge City Days Concert (will finish at 3-4 a.m. following concert on this date)

Sunday, August 1<sup>st</sup> through Sunday, August 8<sup>th</sup> – Dead week (NO activities)

Monday, August 9<sup>th</sup> through Thursday, August 12<sup>th</sup> – Pre season football strength and conditioning activities (all high school athletes report to high school weight room by 6:00 a.m. until 8:00 a.m.)

- Football equipment for the following week of practice will be checked out each day following workouts (order based on accountability during summer Demon Pride workouts)

Saturday, August 14<sup>th</sup> and Sunday, August 15<sup>th</sup>

- 6:00 a.m. departure from high school on Saturday – players and staff will hike 25-35 miles
  - Players should pack a backpack with extra socks, baby powder, snacks for day (3500 calories minimum)
  - Water will be provided and coaches will supervise athletes at all times
  - Players should bring a sleeping bag and pillow as well as a tent if available – players will sleep in tents so they should communicate with each other regarding availability (all tents and sleeping gear will be transported by coaches)
  - We will return via bus on Sunday morning and be back at the high school parking lot by 8:00 a.m.

Monday, August 16<sup>th</sup> through Friday, August 20<sup>th</sup>

- Normal practice schedule – dressed and ready for pre-practice meeting at 3:15 p.m.; practice completed by 6:15 p.m.
- Reminder – school starts on Wednesday, August 18<sup>th</sup>

Saturday, August 21<sup>st</sup>

- Players report to Memorial Stadium by 7:30 a.m. – dressed in game gear for media day by 8:00 a.m.
- 8:00 – 9:00 a.m. – Media day – Team and individual pictures
- 9:00 a.m. until Noon – Intra-squad scrimmage

Monday, August 23<sup>rd</sup> through Thursday, August 26<sup>th</sup>

- Normal practice schedule – dressed and ready for pre-practice meeting at 3:15 p.m.; practice completed by 6:15 p.m.
- Tuesday, August 24<sup>th</sup> - DCHS Parent Meeting at 7:00 p.m. in HS auditorium

Friday, August 27<sup>th</sup>

- Watermelon Scrimmage at Memorial Stadium (times to be announced)