



CHICO DRAGONS PRE-SEASON

VARSITY FOOTBALL SCHEDULE

August 6th, 7th, 8th:

6:30am - Weights
7:30am - Gear Issue
8:00am - On the Field
11:00am - Lunch Recovery
12:00pm - Classroom / Film Meetings
1:00pm - Walk Thru
2:00pm - Dismiss

August 9th, 10th:

6:30am - Weights
7:30am - Dismiss
4:30pm - On the Field
7:30pm - Dismiss

August 11th:

10:00pm - Midnight Madness (Full Pads)
11:59pm - Dismiss

August 13th:

6:30am - Weights
8:00am - On the Field
11:00am - Lunch Recovery
12:00pm - Classroom / Film Meetings
1:00pm - Walk Thru
2:00pm - Dismiss

August 14th, 15th, 16th:

6:30am - Weights
7:30am - Dismiss
4:30pm - On the Field
7:30pm - Dismiss

August 17th:

4:00 pm - Arrive @ Field-house
5:00 pm - Varsity Stretch & Warm-Up
6:00 pm - Scrimmage vs. Millsap

August 18th:

8:00am - Breakfast
8:15am - Film
9:45am - Weights / Light Condo
11:00am - Dismiss

IN-SEASON PRACTICE WILL BE FROM 4:30 - 6:30PM ON MONDAY,
TUESDAY, WEDNESDAY, & THURSDAYS