

Blueprint to Success

QB & Center Training:

- QB's: Starting 3/26, Monday's & Thursday's from 2:25 – 2:55 (HS Gym)
- Center's: Starting 5/30, Tuesday from 2:25 – 2:55 (HS Gym)

Spring Football Schedule:

- 5/6, 5-7 pm
- 5/20, 5-7 pm
- 6/3, 5-7 pm
- 7/6, 5-7 pm **NEED LINEMEN, INSTALL RUN GAME**
- 7/7, 5-7 pm **NEED LINEMEN, INSTALL RUN GAME**
- 7/8, 5-7 pm **NEED LINEMEN, INSTALL RUN GAME**
- 7/10, 5-7 pm **SMOOTH OUT OFFENSE & DEFENSE FOR PASSING LEAGUE**
- 7/13, 5-7 pm **NEED LINEMEN, INSTALL RUN GAME**
- 7/14, 5-7 pm **NEED LINEMEN, INSTALL RUN GAME**
- 7/15, 5-7 pm **NEED LINEMEN, INSTALL RUN GAME**

7 on 7 Tourney

- 6/9, @ Phoenix
- 6/23, @ Saint John Fisher College, 8:00 am – 5:00 pm

7 on 7 State Championship/Elite Combine Weekend

- 7/15, 7 on 7 State Championship @ Ithaca
- 11:00 am registration
- 12:00 pm start time

3rd Annual Raider Open

- 7/28 @ 10:00 am

Summer Workout Schedule:

Starting July 2nd, workouts are open for all players between the grades of 7 – 12. The last day for workouts will be August 3rd. Due to Varsity Team Camp, there will be no lifts during Team Camp. The week off for the team camp will be either 7/9 – 7/13 or 7/16 – 7/20. Team Camp will be selected in May. Workouts will be held in the Fitness Center at the high school.

Monday and Friday lifts are from 10:00 am – 12:00 pm or 5:00 – 7:00 pm.

Wednesday lifts are from 10:00 am – 12:00 pm or 4:00 – 5:00 pm.

Tuesday and Thursdays are from 10:00 am – 1:00 pm or 5:00 – 7:00 pm.

- Tuesdays and Thursdays we have Speed, Agility, and Flexibility from 10:00 am – 12:00 pm. Lifts will be from 12:00 – 1:00 pm

Passing League:

- Currently looking for a new Passing League. Information will be provided once we secure teams and location.

Football Team Camps (Varsity Only):

- This summer the Varsity football team will participate in the Morrisville Team Camp. The Morrisville Camp is July 16-18 from 5:00 – 9:00 pm. The cost is \$60 per athlete.
- There is a possibility we will be participating in the Utica Team Camp instead of Morrisville. Utica Camp is 7/9 – 7/12 from 5:30 – 9:00 pm. The cost is \$75 per athlete. We'll keep you posted.

Summer Wrap-Up:August 5th

- Lifting Competition (Fitness Center), 2:00 – 4:30 pm
- Meet the Coaches Night (Forum Room), 5:00 – 5:45 pm
- Equipment Pass Out (HS Gymnasium), 6:00 – 7:30 pm

Practice Start Date:

Double Sessions for Varsity and Junior Varsity begins August 13th. After August 13th, practices will continue leading up to the start of school. Please plan vacations accordingly as practices missed not only affect the individual athlete, but also the entire team. Realistically a missed practice is a missed opportunity to better oneself which can never be made up.

Varsity Double's Schedule:

Monday, August 13 th :	3:30 – 8:30 pm	
Tuesday, August 14 th :	5:00 – 7:15 pm	
Wednesday, August 15 th :	3:30 – 8:30 pm	
Thursday, August 16 th :	5:00 – 7:15 pm	
Friday, August 17 th :	3:30 – 8:30 pm	
Saturday, August 18 th :	11:00 am – 1:30 pm Practice	2:00 – 5:00 pm Fundraiser
Sunday, August 19 th :	OFF	
Monday, August 20 th :	3:30 – 8:30 pm	
Tuesday, August 21 st :	3:30 – 8:30 pm	
Wednesday, August 22 nd :	6:30 – 9:30 pm	Varsity Only
Thursday, August 23 rd :	5:15 – 7:15 pm	
Friday, August 24 th :	8:00 – 10:00 am	
Saturday, August 25 th :	10:00 am Scrimmage	

Regular Practice:

8/27 – 8/30: Practice is 6:30 – 9:30 pm

Starting 9/3 (We will have practice on Labor Day)

Monday:	3:30 – 6:30 pm
Tuesday:	3:30 – 5:45 pm
Wednesday:	3:30 – 5:45 pm
Thursday:	7:00 – 9:15 pm

Varsity Football Schedule:

8/25	Scrimmage	10:00 am
8/31	@ Sherburne Earlville	7:00 pm
9/7	Clinton	7:00 pm
9/15	@ Adirondack	2:00 pm
9/21	@ Mount Markham	7:00 pm
9/28	Notre Dame	7:00 pm
10/5	Little Falls	7:00 pm
10/13	@ Holland Patent (RFA)	7:00 pm
10/19	Playoffs Start	