

**Heritage High School Freshman Football
2013 Pre-Season Calander**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OFF 28	Summer Lifting 2:00 pm - 4:00 pm 29	30	Summer Lifting 2:00 pm - 4:00 pm 31	OFF 1	OFF 2	OFF 3
OFF 4	OFF 5	OFF 6	OFF 7	OFF 8	OFF 9 <i>Equipment Issue 2:00 - 4:00 PM</i>	OFF 10
OFF 11	Fresh. Practice Begins 8:00 Team Meeting 8:30 - 11:00 am Helmets 12	8:30 - 11:00 am 7:00 Parent Meeting Helmets 13	8:30 - 11:00 am Helmets 14	8:30 - 11:00 am Uppers 15	8:30 - 11:00 am Uppers 16	OFF 17
OFF 18	Practice 4:00 - 6:30 Full Pads 19	HHS @ Warren County Scrimmage 6:00 Full Pads 20	Teacher Work Days Practice 4:00 - 6:30 Full Pads 21	Practice 4:00 - 6:30 Full Pads 22	Practice 4:00 - 6:30 Full Pads 23	OFF 24
OFF 25	Practice 4:00-6:30 26	Practice 4:00-6:30 27	Practice 4:00-6:30 28	Practice 4:00-6:30 29	Varsity HHS @ James Wood 7:00 PM 30	OFF 31
OFF 1	Labor Day 9 AM Practice 2	SCHOOL STARTS HHS vs Potomac Falls Fresh. - 5:45 JV - 7:00 3	Practice 4:00-6:30 4	Practice 4:00-6:30 5	Varsity HHS @ Potomac Falls 7:00 PM 6	OFF 7

REMEMBER- You Need the Following Before You Can Practice
ALL OF YOUR PAPERWORK & PHYSICAL TURNED IN TO MR. PETRELLA