










January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1 New Year's Day	2	3 1st Day of Spring Semester
6	7	8	9	10
13	14	15	16	17
20 Martin Luther King Day NO SCHOOL	21 Offensive Playbook Install: 7-7:55 am (in the field house)	22 Session 1: Speed / Agility / Quickness & Skills Training: 3:55 - 4:55 Focus: Ball Security & Read Reaction	23 Defensive Playbook Install: 7-7:55 am (in the field house)	24
27	28 Offensive Playbook Install: 7-7:55 am (in the field house) 	29 Session 2: Speed / Agility / Quickness & Skills Training: 3:55 - 4:55 Focus: Stance & Starts	30 Defensive Playbook Install: 7-7:55 am (in the field house) 	31





February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Offensive Playbook Install: 7-7:55 am (in the field house) 	5 2 HOUR EARLY RELEASE Session 3: Speed / Agility / Quickness & Skills Training: 1:55 - 2:55 Focus: Form Tackling	6 Defensive Playbook Install: 7-7:55 am (in the field house) 	7
10	11 Offensive Playbook Install: 7-7:55 am (in the field house) 	12 Session 4: Speed / Agility / Quickness & Skills Training: 3:55 - 4:55 Focus: Hand Battle	13 Defensive Playbook Install: 7-7:55 am (in the field house) 	14 Valentine's Day
17	18	19	20	21
 <h1>Winter Break</h1>				
24	25 Offensive Playbook Install: 7-7:55 am (in the field house) 	26 Session 5: Speed / Agility / Quickness & Skills Training: 3:55 - 4:55 Focus: Defeating a Tackle	27 Defensive Playbook Install: 7-7:55 am (in the field house) 	28











March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Offensive Playbook Install: 7-7:55 am (in the field house) 	4 Session 6: Speed / Agility / Quickness & Skills Training: 3:55 - 4:55 Focus: Art of Catching	5 Defensive Playbook Install: 7-7:55 am (in the field house) 	6
9	10 Offensive Playbook Install: 7-7:55 am (in the field house) 	11 Session 7: Speed / Agility / Quickness & Skills Training: 3:55 - 4:55 Focus: Release/Jams	12 Defensive Playbook Install: 7-7:55 am (in the field house) 	13
16	17 Offensive Playbook Install: 7-7:55 am (in the field house)	18	19 Defensive Playbook Install: 7-7:55 am (in the field house)	20
Parent - Teacher Conference Week: Two Hour Early Release (no after school weights/Drills)				
23	24 Offensive Playbook Install: 7-7:55 am (in the field house) 	25 Session 8: Speed / Agility / Quickness & Skills Training: 3:55 - 4:55 Focus: Seperation from a Block	26 Defensive Playbook Install: 7-7:55 am (in the field house) 	27
30	31 Offensive Playbook Install: 7-7:55 am (in the field house) 			










April 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	Offensive Playbook Install: 7-7:55 am (in the field house) 	Session 9: Speed / Agility / Quickness & Skills Training: 3:55 - 4:55 Focus: Buzzing and Breaking on the Ball	Defensive Playbook Install: 7-7:55 am (in the field house) 	
6	7	8	9	10
				
13	Offensive Playbook Install: 7-7:55 am (in the field house) 	Session 10: Speed / Agility / Quickness & Skills Training: 3:55 - 4:55 Focus: Leverage and Posture	Defensive Playbook Install: 7-7:55 am (in the field house) 	17
20	21	22	23	24
				
All high school players that plan to play football shall attend our Annual "East Effort" Drills. Players that are participating in other sports are to attend cheer on their teammates. Players are expected to attend all 5 days! Start at 7:00 am SHARP!				
27		<div style="border: 1px solid black; padding: 5px; text-align: center;"> HIGH SCHOOL Equipment Issue for Spring Football (times TBD) </div>	30	1















May 2020

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
SPRING FOOTBALL Practice #1 4-6:15 PM 	SPRING FOOTBALL Practice #2 4-6:15 PM 	SPRING FOOTBALL Practice #3 4-6:15 PM 	SPRING FOOTBALL Practice #4 4-6:15 PM 	SPRING FOOTBALL Practice #5 4-6:15 PM 
11	12	13	14	15
SPRING FOOTBALL Practice #6 4-6:15 PM 	SPRING FOOTBALL Practice #7 4-6:15 PM 	SPRING FOOTBALL Practice #8 4-6:15 PM 	SPRING FOOTBALL Practice #9 4-6:15 PM 	Scrimmage Game: East vs. North times/locations: TBD
18	19	20	21	22
	<div style="border: 1px solid black; padding: 10px; display: inline-block;"> <h2>Finals Week: Finish Strong!</h2> </div>			<h2>Last Day of School</h2>
25	26	27	28	29
Memorial Day	Post Planning for Teachers	Post Planning for Teachers	Post Planning for Teachers	
<div style="background-color: black; color: white; padding: 5px; text-align: center;"> Off No Team Activities </div>	<div style="background-color: black; color: white; padding: 5px; text-align: center;"> Off No Team Activities </div>	<div style="background-color: black; color: white; padding: 5px; text-align: center;"> Off No Team Activities </div>	<div style="background-color: black; color: white; padding: 5px; text-align: center;"> Off No Team Activities </div>	<div style="background-color: black; color: white; padding: 5px; text-align: center;"> Off No Team Activities </div>


















June 2020

Monday	Tuesday	Wednesday	Thursday	Friday
1 Off No Team Activities	2  SUMMER PRACTICE 7:45 am - 11:00 am	3  SUMMER PRACTICE 7:45 am - 11:00 am	4  SUMMER PRACTICE 7:45 am - 11:00 am	5 Off No Team Activities
8 Off No Team Activities	9  SUMMER PRACTICE 7:45 am - 11:00 am	10  SUMMER PRACTICE 7:45 am - 11:00 am	11  SUMMER PRACTICE 7:45 am - 11:00 am	12 Off No Team Activities
15 Off No Team Activities	16  SUMMER PRACTICE 7:45 am - 11:00 am	17  North Georgia Football Camp @ East Paulding (This camp is for High School players only)	18 	19 Off No Team Activities
22 Off No Team Activities	23 Off No Team Activities	24 Off No Team Activities	25 Off No Team Activities	26 Off No Team Activities
29 Off No Team Activities	30 Off No Team Activities	1 Off No Team Activities	2 Off No Team Activities	3 Off No Team Activities




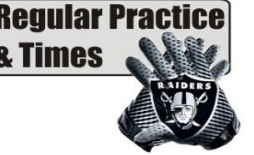
July 2020

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	1	2	3
Off No Team Activities	Off No Team Activities	Off No Team Activities	Off No Team Activities	Off No Team Activities
6	7	8	9	
 SUMMER PRACTICE 7:45 am - 11:00 am	 SUMMER PRACTICE 7:45 am - 11:00 am	 SUMMER PRACTICE 7:45 am - 11:00 am	Off No Team Activities	FCA Football Camp NEW LOCATION in Gainesville (Friday, Saturday, back on Sunday)
13	14	15	16	17
Off No Team Activities	 SUMMER PRACTICE 7:45 am - 11:00 am	 SUMMER PRACTICE 7:45 am - 11:00 am	 SUMMER PRACTICE 7:45 am - 11:00 am	Off No Team Activities
20	21	22	23	24
Off No Team Activities	 SUMMER PRACTICE 7:45 am - 11:00 am	 SUMMER PRACTICE 7:45 am - 11:00 am	 SUMMER PRACTICE 7:45 am - 11:00 am	Off No Team Activities
27	28	29	30	31
Teacher Pre Planning 8-3:30 pm (Monday-Friday)				
 Acclimation Practice #1 3:30 - 5:30 pm	 Acclimation Practice #2 3:30 - 5:30 pm	 Acclimation Practice #3 3:30 - 5:30 pm	 Acclimation Practice #4 3:30 - 5:30 pm	 Acclimation Practice #5 3:30 - 5:30 pm
ATTENTION PLAYERS: Acclimation Practices - Per GHSA, all players must attend 5 STRAIGHT practices to insure acclimation, this is a STATE RULE!				


















August 2020

Monday	Tuesday	Wednesday	Thursday	Friday
1st Day of School 3	4	5	6	7
<div style="border: 1px solid black; padding: 5px;"> <p>1st Day of FULL PADS!</p> <p><i>Regular Practice Times Starts Following School</i></p> <p>HIGH SCHOOL (VARSITY / 9TH) - 3:45 - 6:15 PM MIDDLE SCHOOL (JUNIOR) - TBD ELEMENTARY (YOUTH) - TBD</p>  </div>	<p>Regular Practice & Times</p> 	<p>Regular Practice & Times</p> 	<p>Regular Practice & Times</p> 	<p>Regular Practice & Times</p> 
10	11	12	13	14
<p>Regular Practice & Times</p> 	<p>Regular Practice & Times</p> 	<p>Regular Practice & Times</p> 	<p>Regular Practice & Times</p> 	Scrimmage Game vs Harrison
17	18	19	20	21
<p>Regular Practice & Times</p> 	<p>Regular Practice & Times</p> 	<p>Regular Practice & Times</p> 	<p>9th & JV Games TBD</p> <p>Regular Practice & Times</p> 	at Kennesaw Mountain
24	25	26	27	28
<p>Regular Practice & Times</p> 	<p>Regular Practice & Times</p> 	<p>Regular Practice & Times</p> 	<p>9th & JV Games TBD</p> <p>Regular Practice & Times</p> 	Home vs Campbell
31				

September 2020

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3 <i>9th & JV Games TBD</i>	4 Bye Week - No Game
Labor Day <div style="text-align: center;">  </div>	7	8	9	10 <i>9th & JV Games TBD</i>
14	15	16	17 <i>9th & JV Games TBD</i>	18 Home vs Douglas County
21	22	23	24	25
FALL BREAK - No School NO PRACTICE	FALL BREAK - No School NO PRACTICE	FALL BREAK - No School NO PRACTICE	Modified Practice Time: 7-9 PM <i>(this is not optional)</i> <i>Note: we are practicing in the evening to extend Fall Break</i>	Modified Practice Time: 8-10 AM <i>(this is not optional)</i> <i>Note: we are practicing in the morning!</i>
28	29	30		
<div style="text-align: center;">  </div>	<div style="text-align: center;">  </div>	<div style="text-align: center;">  </div>		

October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Regular Practice & Times 	2 Home vs Alexander
5 Regular Practice & Times 	6 Regular Practice & Times 	7 Regular Practice & Times 	8 Regular Practice & Times 	9 at Rome
12 Regular Practice & Times 	13 Regular Practice & Times 	14 Regular Practice & Times 	15 Regular Practice & Times 	16 at Paulding County
19 Regular Practice & Times 	20 Regular Practice & Times 	21 Regular Practice & Times 	22 Regular Practice & Times 	23 Home vs Carrollton
26 Regular Practice & Times 	27 Regular Practice & Times 	28 Regular Practice & Times 	29 Regular Practice & Times 	30 at South Paulding

November 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 Regular Practice & Times 	3 Regular Practice & Times 	4 Regular Practice & Times 	5 Regular Practice & Times 	6 Home vs Dalton
9	10	11	12	13 1st Round Ga. State Playoffs
16	17	18	19	20 2nd Round Ga. State Playoffs
23	24	25	26 Thanksgiving Day	27 Quarter Finals Ga. State Playoffs
30				

December 2020

Monday	Tuesday	Wednesday	Thursday	Friday
30	1	2	3	4 Semi Finals Ga. State Playoffs
7	8	9	10	11 Georgia State Championship
14	15	16	17	18
21	22	23	24	25 Christmas Day
28	29	30	31	