



Monticello – Week 7

Grades 10 – 12



- Sunday:** Schedule for the Week
Captain of the Week
Offense, Defense and Special Teams Personnel
Awards of the Week (Linemen, Champions & Players)
Plan Monday, Tuesday, Wednesday, Thursday
Monticello Video, Game Plan, Scouting Reports
- Monday:** 2:50PM – 5:45PM Sophomore Practice & Weights
VARSITY = NO AM WEIGHTS, Sleep and get rest!
9 "B" Away vs. Chisago Lakes (4:30 PM)
Varsity Meeting in North Cafeteria @ 2:35 PM
"O" & "D" Scouting Report @ 2:50 PM (JV Dismissed after Scouting Reports)
Varsity Practice 4:00 PM – 5:00 PM (GRASS)
JV Away vs Coon Rapids (7:00 PM) – Dynamic Warm Up at 6:30pm in Cardinal Stadium
- Tuesday:** 2:50PM – 5:00PM Sophomore Practice
Varsity Practice 2:50 PM – 5:00 PM (TURF & GRASS)
JV Game Video & Varsity Video After Practice
- Wednesday:** 2:50PM – 5:45PM Sophomore Practice & Weights
Varsity Practice 2:50 PM – 5:00 PM (TURF)
Starters & Top Alternate Video After
- Thursday:** **9 "A & B" Away vs. Monticello (4:00 PM / 5:30 PM)**
Sophomores Home vs. Monticello (4:00 PM)
Varsity Practice 2:50 PM – 4:30 PM (TURF & GRASS)
Varsity Team Meal from Canes 4:45 PM
- Friday:** **Varsity vs MONTICELLO (7:00 PM)**
2:45PM – 4:00PM Sophomore Video & Practice
Bus Loads at 3:30 PM
Leaves at 3:40 PM (Drivers Arrive by 4:50 PM dressed in lowers)
Walk-Thru at 5:00 PM at Monticello....
Specialists at 5:40 PM
Team Flex at 6:00 PM
Leave Field at 6:35 PM
- Saturday:** Top 25 Video (JV Welcome) at 8:00 AM
JV Home vs FOREST LAKE (10:00 AM) in Husky Stadium
- Sunday:** Off