

BLACK KNIGHT FOOTBALL - 2008

Pre-Season Schedule:

Monday – August 18

Practice: Conditioning #1 – Dual – Helmets - Turf

4:00 – Team Meeting - Boyle Stadium – ALL: Height/Weight

5:00 – Practice

7:15 – Break/Testing

ALL: 300-yd Shuttle – 3 reps.

7:30 – Stretch / We Are...

Tuesday – August 19

Practice: Conditioning #2 - Offense – Helmets - Turf

4:00 – Team Meeting/Attendance – TESTING MAKEUP

4:30 – All players to practice field

4:40 – Pre-practice

5:00 – Practice – Regular (Kickoff, Punt)

7:10 – Black Knight Drill

7:30 – Stretch / We Are...

Wednesday – August 20

Practice: Conditioning #3 - Defense – Helmets - Turf

4:00 – Team Meeting/Attendance – TESTING MAKEUP

4:30 – All players to practice field

4:40 – Pre-practice

5:00 – Practice - Regular (Kickoff Return, Punt Return)

7:10 – Black Knight Drill

7:30 – We Are...

Thursday – August 21

Practice: Conditioning #4 - Offense – Helmets - Grass

4:00 – Team Meeting/Attendance – TESTING MAKEUP

4:30 – All players to practice field

4:40 – Pre-practice

5:00 – Practice (FG/PAT or 2-PT O, FG Block)

7:10 – Black Knight Drill

7:30 – We Are...

Friday – August 22

Practice: Conditioning #5 - Defense – Helmets - Turf

4:00 – Team Meeting/Attendance – TESTING MAKEUP

4:30 – All players to practice field

4:40 – Pre-practice

5:00 – Practice

6:50 – Black Knight Drill

7:10 – We Are...

BLACK KNIGHT FOOTBALL - 2008

Saturday – August 23 – CAMP JONES

*****PLAYERS ARE NOT ALLOWED TO LEAVE CAMPUS*****

A.M. Practice: Pre-fall #6 - Offense – Full - Grass

7:30 – Attendance
8:00 – Dress/Tape
8:30 – To Field
8:40 – Pre-Practice
9:00 – Practice (no special teams)
11:00 – Conditioning – 40 x 6
11:10 – Stretch / We Are...
12:00 – 1:00 – LUNCH – in Boyle Stadium
1:00 – 2:00 – Staff Meeting/Film – Players Rest

Afternoon Practice: Pre-fall #7 – Defense – Full - Grass

2:00 – Tape and Equipment needs
2:30 – To Field
2:40 – Pre-practice
3:00 – Practice (no special teams)
5:00 – Stretch / We Are...
5:15 – 6:15 – Players Rest

P.M. Practice: Pre-fall #8 – Special Teams – Helmets - Grass

6:15 – To Field
6:30 - Stretch
 – Kickoff (Onside/Surprise)
 – Hands Team
 – Punt Block
 – FG/PAT Block
 – FG/PAT Fake
 – We Are...
8:00 – Dismissed

Sunday – August 24 – CAMP JONES

*****PLAYERS ARE NOT ALLOWED TO LEAVE CAMPUS*****

A.M. Practice: Pre-fall #9 - DUAL – Helmets - Grass

11:30 – Attendance
12:00 – Dress/Tape
12:30 – To Field
12:40 – Pre-Practice
1:00 – Practice (Install & Run-thru's: defense; offense)
2:30 – Conditioning – 40 x 6
2:35 – Stretch / We Are...
2:45 – 3:00 – SNACK – in Boyle Stadium
3:00 – 3:30 – Staff Meeting/Film – Players Rest

BLACK KNIGHT FOOTBALL - 2008

P.M. Practice: Pre-fall #10 - SCRIMMAGE – Full - Grass

3:30 – Tape and Equipment needs
4:00 – To Field
4:10 – Pre-practice
4:30 – Warm-Up/Group Work
5:00 – Scrimmage – O vs. D
7:00 – Stretch / We Are...
7:15 – Players Dismissed

Monday – August 25 *(Teachers: work day)*

Practice: Pre-fall #11 – Offense – Full - Grass

3:00 – Attendance
3:30 – All players to practice field
3:40 – Pre-practice
4:00 – Practice – Regular (Kickoff, Punt Return)
6:10 – Conditioning
6:30 – Stretch / We Are...

Tuesday – August 26 *(Teachers: staff development)*

Practice: Pre-fall #12 - Defense – Full - Grass

3:00 – Attendance
3:30 – All players to practice field
3:40 – Pre-practice
4:00 – Practice – Regular (Kickoff Return, Punt)
6:10 – Conditioning
6:30 – Stretch / We Are...

Wednesday – August 27 *(Teachers: staff development)*

Practice: Pre-fall #13 – Scrimmage vs. Wright Tech (@SHS)

2:00 – All Players Report to Locker Room
2:35 – Team Meeting/Attendance
2:50 – Pre-practice
3:00 – Warm-Up
3:10 – Pre-Game
3:30 – Start (Format: 10 and 10)
5:30 – End
5:35 – Stretch / We Are...

Thursday – August 28 *(Teachers: Frosh Orientation)*

Practice: Pre-fall #14 – Offense – Full – Grass

*****PICTURE DAY***** - forms will be handed out prior to this day

2:30 – Attendance/Dress (Uniforms)
3:00 – All players to Stadium
3:05 – Pictures
4:00 – Practice – Regular (Onside, Punt Block)
6:10 – Conditioning
6:30 – Stretch / We Are...

BLACK KNIGHT FOOTBALL - 2008

Friday – August 29 (*1st Day of School*)

P.M. Practice: Pre-fall #15 – Pre-Game – Uppers - Turf

2:30 – Attendance

2:45 – Warm-Up

2:55 – Practice

– Goal Line Offense; Goal Line Defense

– Game Situation Script

– Team: Defense; Team Offense

4:00 – We Are...

Saturday – August 30

Practice: Pre-fall #16 – Scrimmage @ Holy Cross – (Grass)

Schedule TBA

10:30 – Kickoff – Format: Game

Sunday – August 31 and Monday September 1

Labor Day Holiday - Players' and Coaches' day off

Tuesday – September 2

Practice: Pre-fall #17 – Defense – Full - Grass

2:15 – 3:15 – Academics/Weight Room

3:40 – Pre-practice

4:00 – Practice – Regular (Kickoff Return, Punt)

6:10 – Conditioning

6:30 – Stretch / We Are...

Wednesday – September 3

Practice: Pre-fall #18 – Scrimmage @ N.Canaan/Brookfield – (Turf)

Schedule TBA

3:30 – Start – Format: TBD

Thursday – September 4

Practice: Pre-fall #19 – Defense – Full - Grass

2:15 – 3:15 – Academics/Weight Room

3:40 – Pre-practice

4:00 – Practice – Regular (2-pt. Offense, 2-pt. Defense)

6:10 – Conditioning

6:30 – Stretch / We Are...

Friday – September 5

Practice: Pre-fall #20 – Pre-Game – Helmets - Turf

3:30 – Attendance

3:40 – Warm-Up

3:50 – Practice

– Goal Line Offense; Goal Line Defense

– Game Situation Script

– Team: Defense; Team Offense

5:00 – We Are...

BLACK KNIGHT FOOTBALL - 2008

Saturday – September 6

Practice: Pre-fall #22 – Scrimmage vs. Middletown HS – 11:30 - @SHS

Scrimmage Schedule TBD

Sunday – September 7

Players & Coaches Off

Monday – September 8

Practice: NFA #1

Start of regular Game Week schedule