

Kahok Football Summer Schedule June 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 OFF	2 Football Practice 8:00 – 10:30 AM Lift Weights @ 7:00 or 10:30	3 Football Practice 8:00 – 10:30 AM Lift Weights @ 7:00 or 10:30	4 Football Practice 8:00 – 10:30 AM Lift Weights @ 7:00 or 10:30	5 OFF	6
7	8 OFF	9 Football Practice 8:00 – 10:30 AM Lift Weights @ 7:00 or 10:30	10 Football Practice 8:00 – 10:30 AM Lift Weights @ 7:00 or 10:30	11 Football Practice 8:00 – 10:30 AM Lift Weights @ 7:00 or 10:30 7-on-7 @ night	12 OFF	13
14	15 OFF	16 Football Practice 8:00 – 10:30 AM Lift Weights @ 7:00 or 10:30	17 Football Practice 8:00 – 10:30 AM Lift Weights @ 7:00 or 10:30	18 Football Practice 8:00 – 10:30 AM Lift Weights @ 7:00 or 10:30 7-on-7 @ night	19 OFF	20 7-on-7 Tournament in Jacksonville
21	22 OFF	23 Football Practice 8:00 – 10:30 AM Lift Weights @ 7:00 or 10:30	24 Football Practice 8:00 – 10:30 AM Lift Weights @ 7:00 or 10:30	25 Football Practice 8:00 – 10:30 AM Lift Weights @ 7:00 or 10:30 7-on-7 @ night	26 OFF	27 7-on-7 Tournament @ SIU Carbondale
28 Gridiron Club Golf Tournament	29 OFF	30 Football Practice 8:00 – 10:30 AM Lift Weights @ 7:00 or 10:30	1 Football Practice 8:00 – 10:30 AM Lift Weights @ 7:00 or 10:30	2 Football Practice 8:00 – 10:30 AM Lift Weights @ 7:00 or 10:30	3 OFF	4 July 4 th Holiday

Kahok Football Summer Schedule July 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6 OFF	7 OFF	8 OFF	9 OFF	10 OFF	11
12	13 OFF	14 Football Practice 8:00 - 10:30 AM Lift Weights @ 7:00 or 10:30	15 Football Practice 8:00 - 10:30 AM Lift Weights @ 7:00 or 10:30	16 Football Practice 8:00 - 10:30 AM Lift Weights @ 7:00 or 10:30 7-on-7 @ night	17 OFF	18
19	20 Football Camp @ McKendree College Lebanon, IL	21 Football Camp @ McKendree College Lebanon, IL	22 Football Camp @ McKendree College Lebanon, IL	23 Football Camp @ McKendree College Lebanon, IL	24 OFF	25
26	27 OFF	28 OFF	29 OFF	30 OFF	31 OFF	1

**Kahok Football
Summer Schedule
August 2009**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 OFF	4 OFF	5 OFF	6 OFF	7 OFF	8
9	10 Team Meeting & Paperwork Collection	11 OFF	12 Two-a-Day Football Practice Helmet Only	13 Two-a-Day Football Practice Helmet Only	14 Two-a-Day Football Practice Helmet Only	15 Two-a-Day Football Practice Full Gear
16	17 Normal Afternoon Practice	18 Normal Afternoon Practice	19 Normal Afternoon Practice	20 Normal Afternoon Practice	21 Purple-White Scrimmage!!	22 Saturday AM Practice
23	24 Normal Afternoon Practice	25 Normal Afternoon Practice	26 Normal Afternoon Practice	27 Normal Afternoon Practice	28 Beat Springfield!!	29 Freshman & Sophomore Game in AM Varsity Practice