



**CAPE FOOTBALL 2018
SUMMER SCHEDULE**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6/11 6:30am - 7:30am Tank Practice 3pm-4pm Weight-room	6/12 6:30am - 7:30am Tank Practice	6/13 6:30am - 7:30am Tank Practice 3pm-4pm Weightroom	6/14 6:30am - 7:30am Tank Practice	6/15 6:30am - 7:30am Tank Practice	6/16 FAMILY FUN DAY Time TBD Weightroom
6/18 6:30am - 7:30am Tank Practice 3pm-4pm Weightroom	6/19 7:00am -8:00am 'Cane Practice	6/20 8:00am -9:00am Tank Practice 3pm-4pm Weightroom	6/21 7:00am -8:00am 'Cane Practice	6/22 8am - 10am ENGINE 4:00 - 7:00 7v7 @ Cape	6/23 Southern Maine Combine 9am-11am (line) 11am-1pm (skill)
6/25 8am - 9am Tank Practice 3pm-4pm Weight-room	6/26 8am - 9am Speed & Agility	6/27 8am - 9am Tank Practice 3pm-4pm Weight-room	6/28 8am - 9am Speed & Agility	6/29 8am - 10am ENGINE 4:00 - 7:00 7v7 @ Cape	6/30 Time TBD Weightroom



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7/2 3pm-4pm Weight-room	7/3 8am - 9am Speed & Agility	7/4 3pm-4pm Weight-room	7/5 8am - 9am Speed & Agility	7/6 <i>OFF</i>	7/7 Time TBD Weightroom
7/9 7am - 8am 'Cane Practice 3pm-4pm Weight-room	7/10 8am - 9am Speed & Agility	7/11 8am - 9am Tank Practice 3pm-4pm Weight-room	7/12 8am - 9am Speed & Agility	7/13 Bonny Eagle Tournament 9:00 - 3:00	7/14 Time TBD Weightroom
7/16 8am - 9am Tank Practice 3pm-4pm Weight-room	7/17 8am - 9am Speed & Agility	7/18 8am - 9am Tank Practice 3pm-4pm Weight-room	7/19 8am - 9am Speed & Agility	7/20 8am - 10am Practice with Portland HS @ Fitzy 4:00 - 7:00 7v7 @ Cape	7/21 Time TBD Weight-room



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7/23 8am - 9am Tank Practice 3pm-4pm Weight-room	7/24 8am - 9am Speed & Agility	7/25 8am - 9am Tank Practice 3pm-4pm Weight-room	7/26 8am - 9am Speed & Agility	7/27 8am - 10am ENGINE 4:00 - 7:00 7v7 @ Cape	7/28 Time TBD Weight-room
7/30 SENIORS PRACTICE	7/31 SENIORS PRACTICE	8/1 SENIORS PRACTICE	8/2 SENIORS PRACTICE	8/3 SENIORS PRACTICE	8/4 <i>OFF</i>
8/6 SENIORS PRACTICE	8/7 SENIORS PRACTICE	8/8 SENIORS PRACTICE	8/9 SENIORS PRACTICE	8/10 SENIORS PRACTICE EQUIPMENT PICK-UP <i>Seniors 5:00-5:30</i> <i>Juniors - 5:30 - 6:00</i> <i>Sophomores - 6:00 - 6:30</i> <i>Freshmen - 6:30 -7:00</i>	8/11 <i>OFF</i>
8/13 DAY 1 OF PRESEASON! 7am - 9am @ Hannaford Leave for Camp Caribou @ Noon	8/14 PRESEASON	8/15 AT	8/16 CAMP	8/17 CARIBOU	8/18 Controlled Scrimmage vs. Bonny Eagle 10am @ Camp Caribou



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SESSION	WHAT IS IT?	WHO SHOULD GO?
Tank Practice 'Cane Practice	OFFENSIVE OR DEFENSIVE PLAY/ SCHEME INSTALLATION WITH COACH FILIEO & COACH LAUGHLIN	SKILL PLAYERS (QB, WR, RB, DB, LB, ETC.)
Weightroom	WEIGHT TRAINING PROGRAM AT GRIT WITH STRENGTH & CONDITIONING COACH STEVE BOOTH	OPEN TO EVERYONE
Speed & Agility	PROGRAM DESIGNED BY COACH BOOTH TO INCREASE SPEED & AGILITY.	OPEN TO EVERYONE
ENGINE	TECHNIQUE & ASSIGNMENT INSTALLATION, CIRCUIT TRAINING & MEAT BREAKFAST WITH COACH FILIEO	ALL OFFENSIVE LINEMEN
7v7 Bonny Eagle Tournament	PASS GAME COMPETITION VS. OTHER SCHOOLS. NO PADS OR CONTACT.	SKILL PLAYERS (QB, WR, RB, DB, LB, ETC.) FULL TEAM ENCOURAGED TO ATTEND BONNY EAGLE TOURNAMENT
SENIORS PRACTICE	SENIORS WILL ORGANIZE VOLUNTARY WORKOUTS.	OPEN TO EVERYONE COACHES CAN HAVE NO PART IN THESE ACTIVITIES

Equipment needed for workouts are:

- * Cape-Color Shorts (maroon, yellow, black, white)
- * Cape Football Performance Jersey (handed out first day)
- * Sneakers & Cleats
- * Water Bottle

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