

# 2019 Tioga Football Two-A-Day Practice Schedule

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August 5<sup>th</sup> Football Practice Starts at 7:00 AM

All players report to the new high school at 6:30 AM on August 5<sup>th</sup>.

## Practice Times

Monday thru Friday	August 5 <sup>th</sup> - August 9 <sup>th</sup>	7:00 AM to 11:30 AM
Saturday	August 10 <sup>th</sup>	8:00 AM to 10:00 AM
Monday & Tuesday	August 12 <sup>th</sup> & 13 <sup>th</sup>	1:00 PM to 5:00 PM
Wednesday	August 14 <sup>th</sup>	7:00 AM to 11:20 AM
Thursday	August 15 <sup>th</sup>	School starts. Practice til 5:45 PM daily.

## MANDATORY Film and Weight Lifting

Varsity Players will meet on Saturdays (After Friday Night Games)	10:00 AM to 12 PM
Morning Weights will be Mandatory during season.	TBA

## Important Dates

August 5 <sup>th</sup>	Football Practice Starts @ 6:30 AM
August 9 <sup>th</sup>	Meet the Bulldogs 6:30 PM @ Tioga Football Field
August 15 <sup>th</sup>	School Begins
August 16 <sup>th</sup>	Scrimmage versus Petrolia / Munday @ Petrolia 5:00 PM
August 23 <sup>rd</sup>	Scrimmage versus Electra / Quanah @ Electra 5:00 PM

## Football Conditioning Test

Every high school football player will complete a conditioning test of two 300 yard shuttles. **This conditioning test must be passed before the athlete can participate in any scrimmages or games.** There will be a 3 minute rest in between each shuttle run. The times from the two runs will be averaged. Here are the qualifying times to pass the test. If you do not pass the conditioning test on August 5<sup>th</sup>, you will run three 400 m runs every morning at 6:45 AM before practice. You will be able to retest on Monday, August 12<sup>th</sup> at 6:30 AM. The last day to pass your conditioning test will be August 14<sup>th</sup> at 6:30 AM. If the athlete does not pass his conditioning test on the 14<sup>th</sup>, he has the option to retest every Monday morning at 6:15 AM.

Varsity High School Backs and Receivers – 59 seconds average

Varsity High School Lineman – 65 seconds average

JV Backs and Receivers – 65 seconds average

JV Lineman – 75 seconds average

\*Extra Time

Over 250 add 10 Seconds to average

Over 300 add 20 Seconds to average

Over 350 add 30 Seconds to Average

Example: If you are JV lineman that weighs 257 pounds, you will have to make both shuttles in an average time of 70 seconds for each shuttle.

## Meet the Bulldogs at the Tioga Football Field

**August 9<sup>th</sup> @ 6:30 PM - Come meet the bulldogs and enjoy free food and drink .**