

# SUMNER FOOTBALL - IGNITE 2010 SPRING PRACTICE SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30-May	31-May	1-Jun	2-Jun	3-Jun	4-Jun	5-Jun
OFF	WEIGHT ROOM GEAR CHECK-OUT	PRACTICE 3:30-5:30  GEAR CHECK-OUT	PRACTICE 3:30-5:30  WEIGHT ROOM GEAR CHECK-OUT	PRACTICE 3:30-5:30  Helmets	PRACTICE 3:30-5:30  WEIGHT ROOM Helmets	7 on 7 Ellensburg PRACTICE 9:00-10:30 PASS PROTECTION CAR WASH 10am
6-Jun	7-Jun	8-Jun	9-Jun	10-Jun	11-Jun	12-Jun
OFF	PRACTICE 3:30-5:30  WEIGHT ROOM full pads	PRACTICE 3:30-5:30  full pads	PRACTICE 3:30-5:30  WEIGHT ROOM half pack	PRACTICE 3:30-5:30  full pads	PRACTICE 3:30-5:30  WEIGHT ROOM full pads	SHS Passing Day
13-Jun	14-Jun	15-Jun	16-Jun	17-Jun	18-Jun	19-Jun
OFF	PRACTICE 3:30-5:30  WEIGHT ROOM full pads	PRACTICE 3:30-5:30  SHS Graduation half pack	JAMBOREE 4:00pm to 6:45pm	WEIGHT ROOM	OFF	OFF
20-Jun	21-Jun	22-Jun	23-Jun	24-Jun	25-Jun	26-Jun
OFF	WEIGHT ROOM	SPEED/AGILITY	WEIGHT ROOM	SPEED/AGILITY	WEIGHT ROOM	Team Camp EWU, Cheney WA
27-Jun	28-Jun	29-Jun	30-Jun			
Team Camp	Team Camp	Team Camp	Team Camp			

**IGNITE YOUR PASSION**