

October

Longmore out

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Practice

- Stretch/Warm-up (:10) [5:30pm]
- Tackling (:15) (5:40pm)
 - Linemen (Trucco, Bucher)
 - LBs/DBs (Morgan, Mlynek)
- Break (:05) [5:55pm]
- Team Defense (:30) [6:00pm]
 - Scrimmage vs. Varsity
- Break (:05) [6:30pm]
- Team Defense (:10) [6:35pm]
 - Scrimmage Review, Coaching, & Game Prep
- Special Teams (:15) [6:45pm]
 - (Main Field) Punt/Return/Field Goal
- End Practice [7:00pm]