

## 2019 Norcross Football Rising 9<sup>th</sup> Grade Important Dates

### Spring 2019

**\* Weight Training Sessions Times: 4:30pm-6:30pm**

**\*\* Impact Testing: 4:30pm-6:30pm**

**\*\*\* Equipment Issue: 4:30pm-7:00pm**

**\*\*\*\* Spring Practice: 5:00pm-7:00pm**

March 13 (Wed.) *	9 <sup>th</sup> Grade Weight Training 9 <sup>th</sup> Grade Parent Meeting (6:00pm in Duke House)
March 18 (Mon.) *	9 <sup>th</sup> Grade Weight Training
March 20 (Wed.) *	9 <sup>th</sup> Grade Weight Training
March 25 (Mon.) *	9 <sup>th</sup> Grade Weight Training
March 27 (Wed.) *	9 <sup>th</sup> Grade Weight Training
April 1 – April 5	Spring Break
April 8 (Mon.) *	9 <sup>th</sup> Grade Weight Training
April 10 (Wed.) *	9 <sup>th</sup> Grade Weight Training
April 15 (Mon.) *	9 <sup>th</sup> Grade Weight Training
April 17 (Wed.) *	9 <sup>th</sup> Grade Weight Training
April 20 (Sat.)	Athletic Physicals @ NHS (\$20.00; 9:00am-11:00am)
April 22 (Mon.) **	Impact Testing (Concussion Prevention)
April 23 (Tues.)	Football Golf Tournament Fundraiser (1:00pm Rivermont)
April 24 (Wed.) ***	Equipment Issue (Must Have a Physical)
April 29-May 3 (Mon.-Fri.) ****	9 <sup>th</sup> Grade Spring Practice
May 6-9 (Mon.-Thurs.) ****	9 <sup>th</sup> Grade Spring Practice
May 10 (Fri.)	9 <sup>th</sup> , JV, Varsity Spring Game (6:00pm, 7:30pm)
May 22 (Wed.)	Last Day of School

## Summer 2019

### **\* Weight Training Sessions Times (2)**

**7:00am-9:00am and 9:00am-11:00am (recommended 9<sup>th</sup> Grade Session)**

### **\*\* OL/DL BIGS: 7:00am-10:30am**

### **\*\*\* Weight Training and Advertisement Day: 8:45am-1:00pm**

### **\*\*\*\* AM Practice: Players Report @ 7:30am, Pickup @ 10:45am**

### **\*\*\*\*\* PM Practice: Players Report @ 2:00pm, Pickup @ 5:30pm**

May 28 (Tues.) *	Summer Weight Training Begins
May 29-30 (Wed.-Thurs.) *	Summer Weight Training
May 31 (Fri.) – 7:00am-9:00am	Make Up Weight Training Day
June 1 (Sat.) – 10:00am-12:00pm	NFL Youth Pro Clinic (Registration 8:30am-10:00am)
June 3-6 (Mon.-Thurs.) *	Summer Weight Training
June 7 (Fri.) – 7:00am-9:00am	Make Up Weight Training Day
June 10-13 (Mon.-Thurs.) *	Summer Weight Training
June 14 (Fri.) – 7:00am-9:00am	Make Up Weight Training Day
June 18-21 (Mon.-Thurs.) *	Summer Weight Training
June 22 (Fri.) – 7:00am-9:00am	Make Up Weight Training Day
June 24-26 (Mon.-Thurs.) *	Optional Summer Weight Training
June 27-28 (Thurs.-Fri.)	Weight Room Closed
July 1-5 (Mon.-Fri.)	GHSA Dead Week (No Weight Training) Family Vacation Week
July 8-11 (Mon.-Thurs.) *	Summer Weight Training
July 8-11 (Mon.-Thurs.) **	OL/DL BIGS
July 13 (Fri.)	Weight Room Closed
July 15 (Mon.) *	Summer Weight Training
July 16 (Tues.) ***	Weight Training and Advertisement Day
July 17-18 (Wed.-Thurs.) ****	AM Practice
July 19 (Fri.)	All Players Off
July 22-25 (Mon.-Thurs.) *****	AM Practice
July 29 (Mon.)	Meet the Players Night (6:00pm)
July 30-31 (Tues.-Wed.) ****	AM Practice
August 1-2 (Thurs.) *****	PM Practice
August 3 (Fri.)	NO Practice
August 3 (Sat.)	Picture Day: Report @ 8:45am
August 5 (Mon.)	First Day of School (Pickup @ 5:30pm)