

Westlake Football

2-A-Day Schedule 2010

- Monday, Aug. 9:
- 6:00 JV and Varsity players report for equipment issue (if needed)
 - 7:00 Practice (36- 5 minute periods/ 3 breaks)
 - 10:00 Conclude practice-Break/Hydrate/Treatments
 - 11:00 Defense lift/Offense film
 - 11:30 Offense lift/Defense film
 - 12:00 JV and Varsity go home
 - 4:00 Freshmen players report for equipment issue (no lift)
 - 5:00 Practice (24- 5 minute periods/ 2 breaks)
 - 7:00 Freshmen go home
- Tuesday, Aug. 10:
- 7:00 JV and Varsity practice (36 periods)
 - 10:00 Conclude practice- Break/Hydrate/Treatments
 - 11:00 Defense lift/Offense film
 - 11:30 Offense lift/Defense film
 - 12:00 JV and Varsity go home
 - 4:00 Freshmen report for lift (OL/DL, LBERS) all others equipment issue
 - 5:00 Practice (24- 5 minute periods/ 2 breaks)
 - 7:00 Freshmen go home
- Wednesday, Aug. 11:
- 7:00 JV and Varsity practice (36 periods)
 - 10:00 Conclude practice- Break/Hydrate/Treatments
 - 11:00 Defense lift/Offense film
 - 11:30 Offense lift/Defense film
 - 12:00 JV and Varsity go home
 - 4:00 Freshmen players report for lift (Rec,Sec,RB) all others equipment issue
 - 5:00 Practice (24- 5 minute periods/ 2 breaks)
 - 7:00 Freshmen go home
- Thursday, Aug.12:
- 6:30 JV and Varsity practice (24 periods)
 - 8:30 Conclude practice- Break/Hydrate/Treatments (**coaches to staff dev.**)
 - 9:30 Defense lift/Offense film (Allman if necessary)
 - 10:00 Offense lift/Defense film (Allman if necessary)
 - 10:30 JV and Varsity go home
 - 4:00 Freshmen players report for lift (OL/DL, LBERS) all others skills
 - 5:00 Practice (24- 5 minute periods/ 2 breaks)
 - 7:00 Freshmen go home

Friday, Aug. 13 MEDIA DAY (see schedule)

Saturday, Aug.14 KICKOFF (see schedule)

Sunday, Aug.15 Coaches prepare for Week 0 (as needed) on your own schedule
Treatments @ 2:00

Monday, Aug. 16 7:00 JV and Varsity practice (36 periods)
10:00 Conclude practice- Break/Hydrate/Treatments(**coaches to staff dev.**)
11:00 Defense lift/Offense film
11:30 Offense lift/Defense film
12:00 JV and Varsity go home
4:00 Freshmen players report for lift (OL/DL, LBERS) all others meetings
5:00 Practice (24- 5 minute periods/ 2 breaks)
7:00 Freshmen go home

Tuesday, Aug.17 7:00 JV and Varsity practice (36 periods)
10:00 Conclude practice- Break/Hydrate/Treatments(**coaches to staff dev.**)
11:00 Defense lift/Offense film
11:30 Offense lift/Defense film
12:00 JV and Varsity go home
4:00 Freshmen players report for lift (Rec,Sec,RB) all others meet
5:00 Practice (24- 5 minute periods/ 2 breaks)
7:00 Freshmen go home

Wednesday, Aug. 18 6:30 JV and Varsity practice (24 periods)
8:30 Conclude practice- Break/Hydrate/Treatments (**coaches to staff dev.**)
9:30 Defense lift/Offense film (Allman if necessary)
10:00 Offense lift/Defense film (Allman if necessary)
10:30 JV and Varsity go home
4:00 Freshmen players report for lift (OL/DL, LBERS) all others skills
5:00 Practice (24- 5 minute periods/ 2 breaks)
7:00 Freshmen go home

Thursday, Aug.19 6:30 JV and Varsity practice (18 periods)
8:00 Conclude practice- Break/Hydrate/Treatments (**coaches to staff dev.**)
9:30 Defense lift/Offense film (Allman if necessary)
10:00 Offense lift/Defense film (Allman if necessary)
10:30 JV and Varsity go home
4:00 Freshmen players report for lift (Rec,Sec,RB) all others meet
5:00 Practice (24- 5 minute periods/ 2 breaks)
7:00 Freshmen go home

Friday, Aug.20 5:00/6:00/7:00 Freshmen/JV/Varsity Scrimmage vs. Round Rock McNeil

Saturday, Aug.21 8:00 Treatments/Coaches' Meetings/No practice