

15 June Workouts

EC-HS & JH Athletics – Boys & Girls

Summer Strength & Conditioning Workouts

June 2021

*All Athletes must bring their own water bottles per UIL mandate.

* High School Football Players must attend at least 22 out of the 26 summer workouts in order to be rewarded during August Practice, be considered for Team Captain/Line Leader and earn Helmet Decal

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	May 31 <u>OFF</u>	1 <u>OFF</u>	2 <u>OFF</u>	3 <u>OFF</u>	4 <u>OFF</u>	5
6 2 pm- FB Staff Meeting	7 <u>Workout #1</u> 3-4 JH Boys SAC 4-5 HS Girls/JH Girls SAC 5-6 HS-FB Drills-Offense 6-7 HS Boys SAC	8 <u>Workout #2</u> 3-4 JH Boys SAC 4-5 HS Girls/JH Girls SAC 5-6 HS-FB Drills-Defense 6-7 HS Boys SAC	9 <u>Workout #3</u> 3-4 JH Boys SAC 4-5 HS Girls/JH Girls SAC 5-7 HS Boys SAC	10 <u>Workout #4</u> 3-4 JH Boys SAC 4-5 HS Girls/JH Girls SAC 5-7 HS Boys SAC	11 <u>OFF</u>	12
13 2 pm- FB Staff Meeting	14 <u>Workout #5</u> 3-4 JH Boys SAC 4-5 HS Girls/JH Girls SAC 5-6 HS FB Drills-Offense 6-7 HS Boys SAC	15 <u>Workout #6</u> 3-4 JH Boys SAC 4- HS Girls/JH Girls SAC 5-6 HS FB Drills-Defense 6-7 HS Boys SAC	15 <u>Workout #7</u> 3-4 JH Boys SAC 4-5 HS Girls/JH Girls SAC 5-7 HS Boys SAC	17 <u>Workout #8</u> 3-4 JH Boys SAC 4-5 HS Girls/JH Girls SAC 5-7 HS Boys SAC	18 <u>OFF</u>	19
20 2 pm- FB Staff Meeting	21 <u>Workout #9</u> 3-4 JH Boys SAC 4-5 HS Girls/JH Girls SAC 5-6 HS FB Drills-Offense 6-7 HS Boys SAC	22 <u>Workout #10</u> 3-4 JH Boys SAC 4-5 HS Girls/JH Girls SAC 5-6 HS FB Drills-Defense 6-7 HS Boys SAC	23 <u>Workout #11</u> 3-4 JH Boys SAC 4-5 HS Girls/JH Girls SAC 5-7 HS Boys SAC	24 <u>Workout #12</u> 3-4 JH Boys SAC 4-5 HS Girls/JH Girls SAC 5-7 HS Boys SAC	25 <u>OFF</u>	26
27 2 pm- FB Staff Meeting	28 <u>Workout #13</u> 3-4 JH Boys SAC 4-5 HS Girls/JH Girls SAC 5-6 HS FB Drills-Offense 6-7 HS Boys SAC	29 <u>Workout #14</u> 3-4 JH Boys SAC 4-5 HS Girls/JH Girls SAC 5-6 HS FB Drills-Defense 6-7 HS Boys SAC	30 <u>Workout #15</u> 3-4 JH Boys SAC 4-5 HS Girls/JH Girls SAC 5-7 HS Boys SAC	July 1 <u>Workout #16</u> 3-4 JH Boys SAC 4-5 HS Girls/JH Girls SAC 5-7 HS Boys SAC	2 <u>OFF</u>	3

* 11 Workouts in July *

EC-HS & JH Athletics – Boys & Girls

Summer SAC Workouts

July 2021

* High School Football Players must attend at least 22 out of the 26 summer workouts in order to be rewarded during August Practice, be considered for Team Captain/Line Leader and earn Helmet Decal

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
June 27 2 pm- FB Staff Meeting	28 Workout #13 3-4 JH Boys SAC 4-5 HS Girls/JH Girls SAC 5-6 HS FB Drills-Offense 6-7 HS Boys SAC	29 Workout #14 3-4 JH Boys SAC 4-5 HS Girls/JH Girls SAC 5-6 HS FB Drills-Defense 6-7 HS Boys SAC	30 Workout #15 3-4 JH Boys SAC 4-5 HS Girls/JH Girls SAC 5-7 HS Boys SAC	July 1 Workout #16 3-4 JH Boys SAC 4-5 HS Girls/JH Girls SAC 5-7 HS Boys SAC	2 OFF	3
4 2 pm- FB Staff Meeting	5 Workout #17 3-4 JH Boys SAC 4-5 HS Girls/JH Girls SAC 5-6 HS FB Drills-Offense 6-7 HS Boys SAC	6 Workout #18 3-4 JH Boys SAC 4-5 HS Girls/JH Girls SAC 5-6 HS FB Drills-Defense 6-7 HS Boys SAC	7 Workout #19 3-4 JH Boys SAC 4-5 HS Girls/JH Girls SAC 5-7 HS Boys SAC	8 Workout #20 3-4 JH Boys SAC 4-5 HS Girls/JH Girls SAC 5-7 HS Boys SAC	9 OFF	10
11 2 pm- FB Staff Meeting	12 Workout #21 3-4 JH Boys SAC 4-5 HS Girls/JH Girls SAC 5-6 HS FB Drills-Offense 6-7 HS Boys SAC	13 Workout #22 3-4 JH Boys SAC 4-5 HS Girls/JH Girls SAC 5-6 HS FB Drills-Defense 6-7 HS Boys SAC	14 Workout #23 3-4 JH Boys SAC 4-5 HS Girls/JH Girls SAC 5-7 HS Boys SAC	15 Workout #24 3-4 JH Boys SAC 4-5 HS Girls/JH Girls SAC 5-7 HS Boys SAC	16 OFF	17
18 Coaching School –	19 <div>No Workouts on Monday and Tuesday of this week.</div> San Antonio	20	21 Workout #25 3-4 JH Boys SAC 4-5 HS Girls/JH Girls SAC 5-7 HS Boys SAC	22 Workout #26 3-4 JH Boys SAC 4-5 HS Girls/JH Girls SAC 5-7 HS Boys SAC	23 10 am- FB Staff Meeting OFF	24
25	26 Open Weight Room 8 am – 12 Noon * Can be used as a make-up day	27 Open Weight Room 8 am – 12 Noon * Can be used as a make-up day	28 Open Weight Room 8 am – 12 Noon * Can be used as a make-up day	29 Mandatory Team Meetings 10 am – HS Football 1pm – JH Football *Issue Lockers & All Football Equipment	30 OFF	31

EC High School Football

August 2021

* All Practices/Workouts in August are Mandatory for all High School Football Players – Varsity, JV & Freshman

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
July 25	July 26 <u>Open Weight Room</u> 8 am – 12 Noon * Can be used as a make-up day Football Staff	July 27 <u>Open Weight Room</u> 8 am – 12 Noon * Can be used as a make-up day Meetings – 8 am till	July 28 <u>Open Weight Room</u> 8 am – 12 Noon * Can be used as a make-up day 5 pm- Mon-Thurs	July 29 <u>Mandatory Team Meetings</u> 10am – <u>HS Football</u> 1pm – <u>JH Football</u> *Issue Lockers & All Football Equipment	July 30 <u>No Workouts</u>	July 31
Aug. 1	2 Coaches-1 pm <u>Var/JV #1</u> Dressed for 3:30 pm Helmets	3 <u>Var/JV #2</u> Dressed for 3:30 pm Helmets	4 <u>Var/JV #3</u> Dressed for 2:30 pm Half Pads	5 <u>Var/JV #4</u> Dressed for 3:30 pm Half Pads	6 <u>Var/JV #5</u> Dressed for 2:30 pm Half Pads	7
8	9 In-Service <u>Var/JV #6</u> Dressed for 3 pm Full Pads	10 In-Service <u>Var/JV #7</u> Dressed for 3 pm Full Pads	11 In-Service <u>Var/JV #8</u> Dressed for 2:30 pm Full Pads	12 In-Service <u>Picture Day</u> 2:45 pm-Players report 3:30 pm-FB Pictures 4:30 pm-Practice #9	13 In-Service 1 st Scrimmage vs. Kelly – Home <u>Time:</u> JV – 4:30 pm Var – 6pm	14
15	16 In-Service 4 th Hr – Periods 1-12 Last Hr-JH-Equip Issue <u>Var/JV #10</u> Full Pads	17 Prep Day 4 th Hr – Periods 1-12 Last Hr-JH-Equip Issue <u>Var/JV #11</u> Full Pads	18 School Begins 4 th Hr – Periods 1-12 Last Hr-JH Pract-Helmets <u>Var/JV #12</u> Helmets/Shorts/T-shirts	19 School Day 2 nd Scrimmage vs. Liberty – Home <u>Time:</u> JV – 4:30 pm Var – 6pm	20 School Day 4 th Hr – Scrim. Video Last Hr – JH Practice (Last Hr. only) Scout Scrimmages	21 <u>Coaches</u> – 8:30 am <u>West Rusk Prep</u>
22 <u>Coaches</u> – 2 pm <u>West Rusk Prep</u>	23 7:15 am-Game Plan 4 th Hr – Periods 1-12 Last Hr-JH Pract-Full Pads Full Pads	24 7:15 am-Video on WR 4 th Hr – Periods 1-12 Last Hr-JH Pract-Full Pads Full Pads	25 7:15 am-Video on WR 4 th Hr – Var-GF- Run thru Last Hr-JH Pract-Full Pads	26 4 th —Var-Walk thru JV-GF-Run thru Last Hr JH Stay JH Campus Var Game vs. West Rusk-In Jasper-7 pm	27 4 th -Var-Watch Video JV – GF-Run thru Last Hr – JH Practice (Last Hr. Only) AS - Scout HJ	28 <u>Coaches</u> – 8:30 am <u>HJ Prep</u>