

# PCMS Dragon Football 2020:

August 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b>
<b>2</b>	<b>3</b> <u>Weights / Conditioning Pcms</u> 8 <sup>th</sup> -6:30-8:00 7 <sup>th</sup> -8:15-9:45	<b>4</b> Weights / Conditioning Pcms 8th-6:30-8:00 7th-8:15-9:45	<b>5</b> Weights / Conditioning Pcms 8th-6:30-8:00 7th-8:15-9:45	<b>6</b> Weights / Conditioning Pcms 8th-6:30-8:00 7th-8:15-9:45	<b>7</b> Weights / Conditioning Pcms 8th-6:30-8:00 7th-8:15-9:45	<b>8</b>
<b>9</b>	<b>10</b> <u>PCMS FOOTBAL CAMP</u> 3:30-5:30	<b>11</b> PCMS FOOTBAL CAMP 3:30-5:30	<b>12</b> PCMS FOOTBAL CAMP 3:30-5:30	<b>13</b> PCMS FOOTBAL CAMP 3:30-5:30	<b>14</b> <u>OFF</u>	<b>15</b>
<b>16</b>	<b>17</b> First Day of Practice. Helmets Only (Air/Bags)	<b>18</b> Helmets Only (Air/Bags)	<b>19</b> Helmets and Shoulder Pads (Control)	<b>20</b> Helmets and Shoulder Pads (Thud)	<b>21</b> Full Pad Practice.	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> PHS Jamboree at Hutch Field vs: Frontenac, Galena, Girard. PCMS BBQ	<b>29</b>
<b>30</b>	<b>31</b>					

Coaches Cell Phone Numbers: Bryan Mahnken 620-704-2252 Coach Kimzey 913-259-0173