

Morgan Academy Summer Workout Program

Jul-10

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Off	2 Off	3
4	5 Session 29 7:30 to 10:00 JV&V Session 30 4:00 to 6:30 Varsity Only	6 Session 31 7:30 to 10:00 JV&V Session 32 4:00 to 6:30 Varsity Only	7 Positon Drills 8-9 O-line 10 QB RB Wr 11 7on7 DB's LB's DL	8 Session 33 7:30 to 10:00 JV&V Session 34 4:00 to 6:30 Varsity Only	9 Session 35 7:30 to 10:00 JV&V	10 7on7 Tournament @ PCA Mandatory for Wr's, Rb's, Lb's, Db's
11	12 Session 36 7:30 to 10:00 JV&V Session 37 4:00 to 6:30 Varsity Only	13 Session 38 7:30 to 10:00 JV&V Session 39 4:00 to 6:30 Varsity Only	14 Positon Drills 8-9 O-line 10 QB RB Wr 11 7on7 DB's LB's DL	15 Session 40 7:30 to 10:00 JV&V Session 41 4:00 to 6:30 Varsity Only	16 Session 42 7:30 to 10:00 JV&V	17 7on7 Tournament @ Tuscaloosa Mandatory for Wr's, Rb's, Lb's, Db's
18	19 Session 43 7:30 to 10:00 JV&V Session 44 4:00 to 6:30 Varsity Only	20 Session 45 7:30 to 10:00 JV&V Session 46 4:00 to 6:30 Varsity Only	21 Positon Drills 8-9 O-line 10 QB RB Wr 11 7on7 DB's LB's DL	22 Session 47 7:30 to 10:00 JV&V Session 48 4:00 to 6:30 Varsity Only	23 Session 49 7:30 to 10:00 JV&V	24
25	26 Session 50 7:30 to 10:00 JV&V Session 51 4:00 to 6:30 Varsity Only	27 Session 52 7:30 to 10:00 JV&V Session 53 4:00 to 6:30 Varsity Only	28 Off	29 Lift Off 2:00 Practice 4-6:15 Shimmels & Helmets	30 Team Meeting 2-3:45 & Practice 4-6:15 Shimmels & Helmets	31