



2016 Century Football Summer Outline

MONTH	FOCUS	ACTIVITIES	IMPORTANT DATES
JUNE	Football skills/ Strength/ agility/ flexibility	Summer Program/ OTAs 7 on 7	9 th – Equipment Issue for 10 th – 12 th grade. 13 th -30 th Summer Program (All levels) 12 th - 7 on 7 & Skill Player OTA 5:30 (JV/Varsity) 19 th – 7 on 7 (JV/Varsity) 26 th - 7 on 7 & Linemen OTA 5:30 (JV/Varsity)
JULY	Football skills/ Strength/ agility/ flexibility	Summer Program/ 7 on 7/ Mini Camp	11 th -29 th Summer Program (All Levels) 10 th - 7 on 7 (JV/Varsity) 17 th – 7 on 7 (JV/Varsity) 24 th - 7 on 7 (JV/Varsity) MINI CAMP Wed 20th Thur 21st Mon 25th Tue 26th Wed 27th (All Levels) All City Scrimmage Thursday 28th (All Levels) Thunderstorm date Friday 29 th
AUG	Football skills/ Strength/ agility/ flexibility	Preseason Practice	15 th -26 th Practice 7:30 AM daily (more info to follow) 27 th Scrimmage (Specific info to follow)
SEPT	Academics/ Maximize performance/ Maintain Strength	Start of School/ FB Season	9th Games: Thu 1 st @ Winona Sat 10 th v Mayo Mon 19 th @ Red Wing Mon 26 th v JM JV Games: Thu 1 st v Winona Thu 8 th @ Mayo Thu 15 th v Red Wing Thu 22 nd @ JM Thu 29 th @ East Varsity Games: 2 nd v Winona 9 th @ Mayo 16 th v Red Wing 23 rd @JM 30 th @ East
OCT	Academics/ Maintain Strength/ Playoffs	School/ FB Season	9th Games: Mon 3 rd v East Mon 10 th @ New Prague Thu 20 th @ Owatonna JV Games: Thu 6 th @ New Prague Fri 14 th vs Northfield Thu 20 th v Owatonna Varsity Games: 7 th v New Prague 14 th @ Northfield 19 th v Owatonna 25 th Playoffs 29 th Playoffs
NOV	Academics/ Playoffs	School/ Playoffs	Varsity Games: Section Championship- 4 th State- Weekends of the 11 th 18 th 25 th
MONTH	FOCUS	ACTIVITIES	IMPORTANT DATES



CHS FB CALENDAR



June 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	30	31 CONCUSSION TESTING	1 Wt Rm	2 Wt Rm	3 Wt Rm	4 Deer Creek Fundraiser
5	6	7	8	9 EQUIPMENT ISSUE 12 th Noon 11 th 12:30 10 th 1:00	10	11 2016 Graduation
12 Skill OTA- 5:00-6:30 7 on 7 @ Mayo 7 PM	13 SUMMER PROGRAM 11:00- Football Lift 11:45 SAQ	14 SUMMER PROGRAM 11:00- Football Lift 11:45 SAQ	15 SUMMER PROGRAM 11:00- Football Lift 11:45 SAQ	16 SUMMER PROGRAM 11:00- Football Lift 11:45 SAQ	17	18
19 7 on 7 @ Mayo 7 PM	20 SUMMER PROGRAM 11:00- Football Lift 11:45 SAQ	21 SUMMER PROGRAM 11:00- Football Lift 11:45 SAQ	22 SUMMER PROGRAM 11:00- Football Lift 11:45 SAQ	23 SUMMER PROGRAM 11:00- Football Lift 11:45 SAQ	24	25
26 OL/DL OTA 5:30-6:30 7 on 7 @ Mayo 7 PM	27 SUMMER PROGRAM 11:00- Football Lift 11:45 SAQ	28 SUMMER PROGRAM 11:00- Football Lift 11:45 SAQ	29 SUMMER PROGRAM 11:00- Football Lift 11:45 SAQ	30 SUMMER PROGRAM 11:00- Football Lift 11:45 SAQ		

MONTHLY GOALS:

Spend some time with your family!!!

Academic breather for 3 months. Continue to **build your brain by READING** during the summer.

Build on your school year athletic goals as you prepare for the upcoming season.

Build togetherness by working out with your teammates and sweating together in the summer!



CHS FB CALENDAR

July 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 NO SPORTS PERIOD
3 NO SPORTSPERIOD	4 NO SPORTS PERIOD	5 NO SPORTS PERIOD	6 NO SPORTS PERIOD	7 NO SPORTS PERIOD	8 NO SPORTS PERIOD	9
10 7 on 7 @ Mayo 7 PM	11 SUMMER PROGRAM 11:00- Football Lift 11:45 SAQ	12 SUMMER PROGRAM 11:00- Football Lift 11:45 SAQ	13 SUMMER PROGRAM 11:00- Football Lift 11:45 SAQ	14 SUMMER PROGRAM 11:00- Football Lift 11:45 SAQ	15	16
17 7 on 7 @ Mayo 7 PM	18 SUMMER PROGRAM 11:00- Football Lift 11:45 SAQ	19 SUMMER PROGRAM 11:00- Football Lift 11:45 SAQ	20 SUMMER PROGRAM 11:00- Football Lift 11:45 SAQ MINI CAMP Helmets Only	21 SUMMER PROGRAM 11:00- Football Lift 11:45 SAQ MINI CAMP Helmets Only	22 11:00 Make Up Session for BB players	23
24 7 on 7 @ Mayo 7 PM	25 MINI CAMP Helmets & S.P.	26 MINI CAMP Full Pads	27 MINI CAMP Full Pad/ Contact	28 ALL CITY SCRIMMAGE	29 SCRIMMAGE RAIN DATE	30
31						

MONTHLY GOALS:

Take family time during the no contact period. Don't do sports!

Build mental toughness during July by working out even if it is HOT!

Return during 4th week refreshed and invigorated ready for football camp

Build your football knowledge with mini camp and test where we are in the scrimmage



CHS FB CALENDAR



August 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 11:00- Football Lift 11:45 SAQ	2 11:00- Football Lift 11:45 SAQ	3 11:00- Football Lift 11:45 SAQ	4 11:00- Football Lift 11:45 SAQ	5	6
7	8 11:00- Football Lift 11:45 SAQ OR FAMILY TIME	9 11:00- Football Lift 11:45 SAQ OR FAMILY TIME	10 11:00- Football Lift 11:45 SAQ OR FAMILY TIME	11 11:00- Football Lift 11:45 SAQ OR FAMILY TIME	12	13
14	15 FB Practice 7:30- 1:30	16 FB Practice 7:30- 1:30	17 FB Practice 7:30- 1:30	18 FB Practice 7:30- 1:30	19 FB Practice 7:30- 1:30	20
21	22 FB Practice 7:30- 1:30	23 FB Practice 7:30- 1:30	24 Practice 7:30- 10:00 PAC Meeting/ Picnic/ Scrimmage 5:30-8:00	25 FB Practice 7:30- 1:30	26 FB Practice 7:30- 12:00	27 SCRIMMAGE V @ Eden Prairie 9 @ Rosemount
28	29 Lift/Film- 2:30-3:30 FB Practice 3:30-6:00	30 Lift/Film- 2:30-3:30 FB Practice 3:30-6:00	31 Lift/Film- 2:30-3:30 FB Practice 3:30-6:00			

MONTHLY GOALS:

Build mental toughness by working out even when other things seem more important!

Now is the time to see where all your Strength, Speed , & Agility gains have benefitted you. Create a role on the team.

Build a TEAM where everyone plays a role our OUR success.

Family time prior to rigors of season. Take the week of the 5th – 12th away from sports to do something with your family.



CHS FB CALENDAR



September 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 2:00 9 th @ Winona 2:00 JV vs Winona FB Practice 3:00- V	2 7 PM Vs Winona	3 NO PRACTICE!
4	5 NO SCHOOL Film/ Lift 2:00 Practice 3:30-6:00	6 1 st Day School	7	8 7:30 JV @ Mayo	9 7 PM @ Mayo	10 10:00 9 th vs Mayo
11	12	13	14	15 4:30 JV vs Red Wing	16 vs Red Wing	17
18	19 6:00 9 th @ Red Wing	20	21	22 4:30 JV @ JM	23 7 PM @ JM	24
25	26 6:00 9 th vs JM	27	28	29 6:00 JV @ East	30 7PM @ MEHS	

MONTHLY GOALS:

Begin the school year as a positive influence in the classroom. Be leaders in the school

Maintain Physical gains from your off season.

HAVE FUN!!!!!!



CHS FB CALENDAR



October 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 6:00 9 th vs East	4	5	6 4:30 JV vs New Prague	7 7 PM Vs New Prague	8
9	10 6:00 9 th @ New Prague	11	12	13	14 4:15 JV @ Northfield 7 PM @ Northfield	15 11:00 9 th Vs Northfield
16	17	18	19 7 pm Vs Owatonna	20 MEA Practice 9:00 AM 4:30 9 th @ Owatonna 4:30 JV vs Owatonna	21 MEA Practice 9:00 AM	22 Practice 8:00 AM
23	24	25 Section Qtr Final	26	27	28	29 Section Semi Final
30	31					

MONTHLY GOALS:

Academic Success in ALL classes

Build momentum as season progresses being the best as the playoffs begin

Build discipline in yourself keeping school, football, family and personal goals balanced!

HAVE FUN!!!!



CHS FB CALENDAR



November 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4 Section Championship	5
6	7	8	9	10	11 State Qrt Final	12 State Qrt Final
13	14	15	16	17	18 State Semi Final	19 State Semi Final
20	21	22	23	24	25 State Championship	26 State Championship
27	28	29	30			

MONTHLY GOALS:

Continue Academic Success in ALL classes

Enter State Playoffs on a roll. Make the most of opportunities in playoffs. Finish Strong.

Give Thanks!!

HAVE FUN!

