

2008 FACS Eagles Football Summer Workout Schedule

We want to give you two weeks off before we start the final push preparing for the new season. We had a great season in 2007, but we still have unfinished business. Our goal is to win the conference and win the state championship. We as a staff are excited to get started with this journey.

May 29: Parents Meeting 6 PM in the HS cafeteria. We would like to have at least one parent of every athlete to attend.

June 16 – July 2:
Summer School: **Monday, Tuesday,
and Thursday – 5:00 to 8:00 PM**
Wednesday 3:00 – 5:00 PM

We will be lifting, running, and putting in the offense and defense for the season.

July 7-18

Training: Same schedule

We will be lifting and running. Our goal is to be in the best physical shape going into the season.

July 9 – 12: Wake Forest Team Camp (Varsity Only)

We will be giving you more info concerning this before May.

July 21 – 22 Testing

July 23 – July 27 No Workouts

**Monday August 28: first day of
official FB practice**

Scrimmage dates: We are going to have 2 scrimmages before our first game on Aug. 22.

First Scrimmage: Tuesday
August 12 @ South Stanly

Second Scrimmage: Friday
August 15 @ Charlotte Christian 6pm –
(Christian; Bishop McGuiness;
Southlake; FACS)

**Friday August 22 first game @
Robinsville**

2008 7 on 7 Schedule

We will have some 7 on 7 scrimmages on Tuesday and Thursdays
The more scrimmages we have the better we will be.

June 17: Tuesday 7 on 7 @ Charlotte Christian. 6pm.

June 19: South Stanly

June 24 - 7 on 7 @ Charlotte Latin.

July 8: 7 on 7 @ Charlotte Christian -
6pm - Latin; Country Day; PD;
Christian; Catholic

July 9 – 12 Wake Forest Team Camp
Varsity Only

July 15: 7 on 7 @ Char. Chr. 6pm
Latin; Country Day; PD;
Christian; Catholic

July 22: 7 on 7 @ Char. Chr. 6pm
Latin; Country Day; PD;
Christian; Catholic

**We will have two scrimmages before
our first game on Aug. 22**

Aug 12 @ South Stanly

Aug 15 @ Charlotte Christian 6 pm:
Christian; Bishop McGuiness;
Southlake; FACS

