



Summer Schedule MVHS Football 2014

June 2, 2014 – Start of Summer Training, Weight Training, On Field Practice (Helmets, Spirit packs)
Mon, Tue, Thur, Fri

July 7-12 – Moratorium Vacation NO FOOTBALL

Bruin Camp – July 14-23

July 14 – July 18: Helmet, Shoulder Pads, Jersey Morning practice 6-8 am (No 11 on 11)

July 21 – July 23: Full Pads + 11 on 11

July 21 – Two-A-Day: Morning practice 6-8 am, Afternoon practice 1-3 pm.

July 22 – One Practice: Morning 6-8 am

July 23 – Two-A-Day: Morning practice 6-8 am, Afternoon practice 1-3 pm.

July 24-27 Pioneer Holiday NO FOOTBALL

July 28 – Aug 1: To be determined?

August 4 – Official Fall Start Date

Aug 4 & 5: Helmets, Jerseys, (No 11 on 11)

Aug 6 & 7: Helmets, Shoulder Pads, Jersey (No 11 on 11)

Aug 8: Card Blitz + 7 peaks activity

Aug 11: Full Pads Two-A-Day: Morning 6-8 am, Afternoon 1-3 pm (Yes 11 on 11 from here on)

Aug 12: One practice Morning 6-8 am

Aug 13: Two-A-Day: Morning 6-8 am, Afternoon 1-3 pm

Aug 14: One Practice Morning 6-8 am

Aug 15: Two-A-Day: Morning 6-8 am, Afternoon 1-3 pm

Aug 18-21 (In Season practice schedule to be announced)

Aug 22: Endowment Game vs @Manti

Summer/Fall on field Practice Breakdown

Summer Practice 6-8 am

10 min Stretch

15 min Special Teams

10 min Ind Run

10 min Inside 3 Out 2

15 min Team Run

10 min Ind Pass

10 min Screen Pass

10 min 1 on 1 / 7 on 7

15 min Team Pass

20 min Mix Team

2 hr total

Fall Practice

15 min Special Teams
10 min Ind Run
10 min Inside 3 Out 2
15 min Team Run
10 min Ind Pass
10 min Screen Pass
10 min 1 on 1 / 7 on 7
15 min Team Pass
20 min Mix Team

1 hour 55 min

Coaches Responsibility for Summer

Varsity

Head Coach Wong – Roaming
(RB) Coach Henderson – Weight Room
(QB) Coach Clark – Agility/Conditioning
(LB) Coach Haacke – Weight Room
(DL) Coach Mattingly – Agility/Conditioning
(WR) Coach Hymas – Agility/Conditioning
(OL) Coach Herring – Weight Room

Sophs/Freshman

Head Coach Herrford – Roaming
(QB/WR) (OC) Coach Bahr – Agility/Conditioning
(DB) (DC) Coach Anderson – Weight Room
(OL) Coach Hancock – Weight Room
(LB) Coach Moe – Agility/Conditioning
(DL) Coach Seuli – Weight Room

Lift – 45 Min

Agility/Conditioning – 15 min Speed / 15 min Agility / 15 min Ply
+30 Minutes of on the field Team time on Weight Lifting/Agility Days to learn playbook

Varsity Monday & Thursday – Field ,Tuesday & Friday – Weight Room/Agility
Sophs Monday & Thursday – Weight Room/Agility , Tuesday & Friday – Field

Wednesday's – Off

Finances

\$500 fee (Turned in any time at MVHS Finance office or payment plan below)

\$125 – Due May 14

\$125 – Due June 14

\$125 – Due July 14

\$125 – Due Aug 22

All player fees/money needs to be turned in by 22 August