



SENTINELS Football

What's Important Now

Team Competition throughout the Summer

- Football team will be divided up into 4 teams. (Drafted by captains club members)
- Points will be awarded for Attendance, Effort, Discipline, Rewards, Academics, Competitions
- Weekly winning teams - 2 boxes of donuts and team picture on Social Media
- Monthly winning teams - T-shirts and pizza party

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5/22. Exams - No Lifts	5/23. Exams - No Lifts	5/24. Exams - No Lifts	5/25. Exams - No Lifts	5/26. Exams - No Lifts	5/27. Exams - No Lifts
5/29. Memorial Day - No Lifting	5/30. **Optional** Lifting 8-10am	5/31. **Optional** Lifting 8-10am	6/1. **Optional** Lifting 8-10am	6/2. NO LIFTING	6/3. NO LIFTING
6/5. Lifting 8-10am	6/6. Lifting 8-10am	6/7. Lifting 8-10am	6/8. Lifting 8-10am FAU Adidas Camp \$\$	6/9. NO LIFTING	6/10. USF Prospect Camp \$\$
6/12. Lifting 8-10am	6/13. Lifting 8-10am	6/14. Lifting 8-10am	6/15. Lifting 8-10am FL Tech Prospect Camp \$\$	6/16. NO LIFTING	6/17. NO LIFTING
6/19. Lifting 8-10am	6/20. Lifting 8-10am	6/21. Lifting 8-10am	6/22. Lifting 8-10am	6/23. NO LIFTING	6/24. NO LIFTING
6/26. Lifting 8-10am	6/27. Lifting 8-10am	6/28. Lifting 8-10am	6/29. Lifting 8-10am	6/30. NO LIFTING	7/1. NO LIFTING
7/3. NO LIFTING	7/4. NO LIFTING	7/5. Lifting 8-10am	7/6. Lifting 8-10am	7/7. NO LIFTING	7/8. NO LIFTING
7/10. Lifting 8-10am	7/11. Lifting 8-10am	7/12. Lifting 8-10am	7/13. Lifting 8-10am	7/14. NO LIFTING	7/15. NO LIFTING
7/17. Lifting 8-10am	7/18. Lifting 8-10am **Leave for Camp at Tusculum College - TN	7/19. TEAM CAMP at TUSCULUM COLLEGE - Greenville TN	7/20. TEAM CAMP at TUSCULUM COLLEGE - Greenville TN	7/21. TEAM CAMP at TUSCULUM COLLEGE - Greenville TN	7/22. Return from TEAM CAMP in the evening.

	in the evening - Time TBA**				
7/24. Lifting 8-10am	7/25. Lifting 8-10am	7/26. Lifting 8-10am	7/27. Lifting 8-10am	7/28. Lifting 8-10am	7/29. NO LIFTING
7/31. Lifting 8-10am 1st Day of Fall Practice 3:30-6:00pm	8/1. Lifting 8-10am Fall Practice 3:30-6:00pm	8/2. Lifting 8-10am Fall Practice 3:30-5:00pm	8/3. Lifting 8-10am Fall Practice 3:30-6:00pm	8/4. Lifting 8-10am Fall Practice 3:30-6:00pm	8/5. NO LIFTING
8/7. Lifting 8-10am Fall Practice 3:30-6:00pm	8/8. Lifting 8-10am Fall Practice 3:30-6:00pm	8/9. 1st day of school Practice 3:30-5:00pm	8/10. Lifting 6:50-7:40 Fall Practice 3:30-6:00pm	8/11. Lifting 6:50-7:40 Fall Practice 3:30-6:00pm	8/12. NO LIFTING

OFFSEASON (starting May 30th - July 28th)

- **TEAM CAMP - July 19-21 at Tusculum College in Greeneville, TN**
 - Leave ECS campus Tuesday July 18 in the evening (Time TBD).
 - Return to ECS campus Saturday July 22 in the evening.
 - Cost \$250 - covers travel and meals at camp on dates July 19-21.
 - Players will need to bring the following:
 - Sleeping bag or twin sheets and blanket with pillow
 - Towel/washcloths
 - Soap, Shampoo, Personal Toiletries
 - Football equipment
 - Athletic clothing including tennis shoes
 - Water shoes and swimsuit
 - Additional money for meals while traveling
- **7v7 dates TBA (Usually Wednesday mornings 9am-12pm.)**
- Prospect camps are not mandatory - These camps will serve as a chance to get coached and evaluated by college coaches. Prospect camps range in price from \$20-\$75. Each Prospect camp is a 1 day event with players leaving from the ECS campus in the morning and returning the same night. Coaches will provide all travel in the ECS van. Players/Parents are responsible for payment for the camp. If you are interested, please contact Coach Tyler Gold at tgold@goecs.org for more details.

Fall Season

- **July 31 is the first day of Fall practice.**
- Lifting will continue in the morning throughout the season.
- Once games start in August, lifting will be Monday, Tuesday, & Wednesday before school.