

2017 Cedar Cliff Colts Summer/Preseason Schedule

Monday June 19th - Thursday August 3rd

Summer Strength and Conditioning program (8am - 11:00am)

Every Monday, Wednesday and Thursday

Youth Camp (6pm - 7:30pm)

Monday June 19th - Thursday June 22nd

Youth Speed School (6pm - 7pm)

Every Monday beginning June 26th through July 31st

Team Camp @ Millersville University

Friday July 14th - Sunday July 16th

Meet at CCHS at 6:30 am to carpool down

Depart Millersville on Sunday at 6pm

Monday August 7th - Friday August 11th

Heat Acclimation Days (6:30am - 9:30am)

6:30am - Offense

7:45am - Defense

9:00am - Special Teams and Conditioning

9:30am - Dismissed

*****Team Pictures Friday August 11th @ 11:00 am**

Monday August 14th - Wednesday August 16th

Practice in Full Gear (6:00am - 2:30pm)

6:10am - Stretch

6:15am - Offense

8:15am - Break

9:30 am - Position Meetings

10:15 am - Defense

12:15 pm - Break

1:30 pm - Special Teams/Passing Game/Weight Room/Position Meetings

2:30 pm - Dismissed

Thursday August 17th (Teacher Inservice)

Practice in Full Gear (1:30pm – 8:00pm)

1:30 pm – 2:30 pm - Weight Room

3:00 pm – Defense

5:00 pm – Break

6:00 pm – Offense

8:00 pm – Dismissed

Friday August 19th (Teacher Inservice)

Practice in Helmets and Shoulder Pads

3:00 pm – Defense

4:00 pm – Offense

5:00 pm – Dismissed

Saturday August 20th

Scrimmage @ East Pennsboro

7:30 am – Locker Room Open

10:00am – Scrimmage

Monday August 21th - Wednesday August 23rd (Teacher Inservice/School Begins)

Practice in Full Gear

3:15 pm – Special Teams

3:30 pm - Defense

5:00 pm – Break

6:00 pm – Special Teams

6:15 pm – Offense

7:45 pm – Dismissed

Thursday August 23rd

3:15pm – Team Dinner

6:00pm – Manheim Central Scrimmage – JV with Varsity to follow

Friday August 24th

3:00 – Offensive Film Study

4:05 – Defensive Film Study

5:15 – Conditioning

6:00 – Dismissed

Monday August 29th(In-season practice schedule begins)

3:10 pm- Film or Weight room

3:35 pm- Team Stretch

3:40 pm- Special Teams

3:55 pm- Offense

5:05 pm- Defense

6:15 pm- Dismissed

Monday September 5th(Labor Day, No School)

8:00 am – Weight Room and Conditioning

9:00 am – Offensive Film

10:00 am – Defensive Film

11:00 am – Game Plan Install

12:00 - Dismissed

2017 Cedar Cliff Colts "TENATIVE" In Season Schedule

Monday: JV Game Day

3:00 – Offensive Film Study
4:05 – Defensive Film Study
5:15 – Game Plan Install
6:00 – Dismissed

Tuesday: Full Gear

3:10 – Film or Weight room
3:35 – Team Stretch
3:40 – Special Teams
3:55 - Offense
5:05 – Defense
6:15 – Dismissed

Wednesday: Full Gear

3:10 – Film or Weight room
3:35 – Team Stretch
3:40 – Special Teams
3:55 - Defense
5:05 – Offense
6:15 – Dismissed

Thursday: Helmets and Shoulder Pads

3:15 – Special Teams
3:45 – Defense
4:45 – Offense
5:45 – Dismissed

Friday: Game Day

Saturday: Off

Sunday: Players Off

8:00am - Varsity Staff Meeting