

## 2018 OSBOURN PARK FOOTBALL OFF SEASON SCHEDULE

1. **March – June Workouts Monday, Tuesday, Wednesday, Thursday (2:55 -4:30 PM)**
  - a. **Players in Season**
    - i. **Track Tuesday and Thursday after practice**
    - ii. **Baseball, Lax, and Soccer – Morning Workouts Available**
    - iii. **Do not lift on game, meet, or match days**
2. **Spring Parents Meeting May 17<sup>th</sup> 6:30 PM (Location TBD)**
3. **June – July Workouts Monday, Tuesday, Wednesday, Thursday (5 PM to 8 PM)**
4. **Friday Workouts only if we have Monday off**
5. **7 on 7 with OP Football begins in May**
6. **Important Dates**
  - a. **Parent Meeting Tuesday May 17<sup>th</sup> 6:30 PM**
  - b. **No Workouts during the weeks of June 4<sup>th</sup>, and July 2<sup>nd</sup>**
  - c. **Freshmen can begin working out with the Team June 11<sup>th</sup>**
  - d. **Physicals Due prior to July 18<sup>th</sup> for anyone going to Football Camp**
  - e. **Football Travel Camp July 18<sup>th</sup> – July 21<sup>st</sup> (Varsity/JV only)**
  - f. **Summer Parent Meeting July 25<sup>th</sup> 6:30 PM**
  - g. **First Official Day of Practice July 26<sup>th</sup> Varsity/JV**
  - h. **First Official Day of Practice for Freshmen Aug 1<sup>st</sup>**
7. **Coach Contact Info**
  - a. **Coach Evans – 703.447.3736 (Must Text with a Parent Copied) , [CoachEvansOPHS@gmail.com](mailto:CoachEvansOPHS@gmail.com)**
  - b. **Coach Lancaster – 571.598.5097 (Must Text with a Parent Copied) [chlancaster1@gmail.com](mailto:chlancaster1@gmail.com)**

**June 2018**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b>	<b>2</b>
					Lifting/Field Work	
					2:55 – 4:25	
					Squat Workout	
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
	DEAD WEEK	DEAD WEEK	DEAD WEEK	DEAD WEEK	DEAD WEEK	
	NO WORKOUTS	NO WORKOUTS	NO WORKOUTS	NO WORKOUTS	NO WORKOUTS	
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	Summer Workout	Summer Workout	Big Man/Freshmen	Summer Workout		
	5:00 PM to 8:00 PM	5:00 PM to 8:00 PM	5:00 PM to 8:00 PM	5:00 PM to 8:00 PM		
	1 <sup>st</sup> Day Freshmen		Varsity			
	Can Workout		5PM 7 on 7 Colgan			
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
	Summer Workout	Summer Workout	Big Man/Fresh	Summer Workout		
	5:00 PM to 8:00 PM	5:00 PM to 8:00 PM	5:00 PM to 8:00 PM	5:00 PM to 8:00 PM		
			Varsity			
			5 PM 7 on 7 Colgan			
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
	Summer Workout	Summer Workout	<b>Summer Workout</b>	Summer Workout		
	5:00 PM to 8:00 PM	5:00 PM to 8:00 PM	5:00 PM to 8:00 PM	5:00 PM to 8:00 PM		

**July 2018**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
DEAD WEEK	DEAD WEEK	DEAD WEEK	DEAD WEEK	DEAD WEEK	DEAD WEEK	DEAD WEEK
NO WORKOUTS	NO WORKOUTS	NO WORKOUTS	NO WORKOUTS	NO WORKOUTS	NO WORKOUTS	NO WORKOUTS
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
	Summer Workout	Summer Workout	Summer Workout	Summer Workout		
	5:00 PM to 8:00 PM	5:00 PM to 8:00 PM	5:00 PM to 8:00 PM	5:00 PM to 8:00 PM		
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
	Summer Workout	Summer Workout	Travel Camp	Travel Camp	Travel Camp	
	5:00 PM to 8:00 PM	5:00 PM to 8:00 PM	No Workouts	No Workouts	No Workouts	
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
	Summer Workout	Summer Workout	OFF	Varsity/JV	Varsity/JV	
	Physical Turn In Date	Equipment Hand Out	Parents Meeting	1 <sup>st</sup> Day of Practice	Practice 2	
	Equipment Hand Out		6:30 PM	Report 4:00 PM	Report 4:00 PM	
	5:00 PM to 8:00 PM	5:00 PM to 8:00 PM		5:00 PM to 8:00 PM	5:00 PM to 8:00 PM	
<b>29</b>	<b>30</b>	<b>31</b>				
	3 <sup>rd</sup> Practice Varsity/JV	4 <sup>th</sup> Practice Varsity/JV				
	Report 2 PM	Report 2 PM				
	3:00-4:30 PM, 6PM-8PM	3-4:30 PM, 6 PM-8PM				

**August 2018**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> 5 <sup>th</sup> Practice Var/JV	<b>2</b> 6 <sup>th</sup> Practice Var/JV	<b>3</b> 7 <sup>th</sup> Practice Var/JV	<b>4</b>
			Report 2 PM	Report 2 PM	Report 2 PM	
			3-4:30 PM, 6PM – 8 PM	3-4:30 PM, 6PM-8PM	3-4:30 PM, 6PM –8 PM	
			Fresh Report 5 PM	Fresh Report 5 PM	Fresh Report 5 PM	
<b>5</b>	<b>6</b> 8 <sup>th</sup> Practice Varsity/JV	<b>7</b> 9 <sup>th</sup> Practice Varsity/JV	<b>8</b> 10 <sup>th</sup> Practice Varsity/JV	<b>9</b> 11 <sup>th</sup> Practice Varsity/JV	<b>10</b> Scrimmage	<b>11</b>
	Report 4PM	Report 4 PM	Report 4 PM	Report 4 PM	@Wakefield	
	5:30 – 8PM	5:30 PM – 8 PM	5:30 PM – 8 PM	5:30 PM – 8 PM	Varsity/JV	
	Fresh Report 5 PM	Fresh Report 5 PM	Fresh Report 5 PM	Fresh Report 5 PM	Fresh Practice TBD	
<b>12</b>	<b>13</b> 12 <sup>th</sup> Practice Varsity/JV	<b>14</b> 13 <sup>th</sup> Practice Varsity/JV	<b>15</b> 14 <sup>th</sup> Practice Varsity/JV	<b>16</b>	<b>17</b> Film/Walk Through	<b>18</b>
	Report 4 PM	Report 4 PM	Report 4 PM	Benefit Game	Run Through	
	5:30 – 8 PM	5:30 -8PM	5:30 PM – 8 PM	Manassas Park	Report 4 PM	
	Fresh Report 5 PM	Fresh Report 5PM	Fresh Report 5 PM	Fresh Practice TBD	Fresh/Practice	
<b>19</b>	<b>20</b> 16 <sup>th</sup> Practice	<b>21</b> 17 <sup>th</sup> Practice	<b>22</b> 18 Practice	<b>23</b> 19 Practice	<b>24</b> @TC Williams	<b>25</b>
	Report 4 PM	Report 4 PM	Report 4 PM	Report 4 PM	4 PM Game Time	
	5:30 – 8 PM	5:30 – 8 PM	5:30 – 8 PM	5:30 – 8 PM		
	JV/Freshmen Scrimmage	Freshmen 5 PM	Freshmen 5PM	Fresh Report 5 PM	NO Fresh Practice	
<b>26</b>	<b>27</b> School Starts	<b>28</b> Practice 3:30 -5:45 PM	<b>29</b> Practice 3:30 -5:45 PM	<b>30</b> Practice 3:30 -5:45 PM	<b>31</b>	
	3:30 to 5:45 Practice	Every Level	Every Level	Every Level	Forest Park	
	Fresh/JV Game					
	@Forest Park					