

# ROOK FOOTBALL PRACTICE TIMES (Fall 2008)

(First three weeks, Aug. 18<sup>th</sup> thru Sept. 8<sup>th</sup>)

## WEEK 1

August 18<sup>th</sup> – (Monday)

Sports Registration ...6-8 pm...Kamiakin Cafeteria

August 19<sup>th</sup> – (Tuesday)

Awards, Pizza & Fundraiser...4-9:30pm...Kamiakin Locker Room

August 20<sup>th</sup> – (Wednesday)

First “Official” day of Fall Practice...3pm-6pm

August 21 – (Thursday)

Practice...3-6pm

August 22 – (Friday) Links Crew Day

Practice...3-6pm (afternoon)

August 23 – (Saturday) “TWO-A-DAY” FIRST DAY OF FULL PADS!

Practice...8-10:30am (morning)

Practice...12:30-2:30pm (afternoon)

August 24<sup>th</sup> ...SUNDAY...NO PRACTICE!

## WEEK 2

August 25<sup>th</sup> – (Monday)

Practice...3-5:30pm

August 26<sup>th</sup> – (Tuesday) FIRST DAY OF SCHOOL

Practice...3:15-5:30pm

August 27<sup>th</sup>, 28<sup>th</sup> & 29<sup>th</sup> (Wednesday, Thursday & Friday)

Practice...3:15-5:30pm (Incorporate Special Teams)

August 30<sup>th</sup> ...Team Trip...WSU vs. Okla. St. (Seattle, Wa.)...leave @ 6:15 AM...cost \$10...More information to follow!

## WEEK 3

### LION WEEK!

September 1 (Monday- Labor Day) PICTURE DAY (9am @ Lampson)

Practice...10am-Noon

September 2<sup>nd</sup> & 3<sup>rd</sup> (Tuesday & Wednesday)

Practice...3:15-5:30pm

September 4<sup>th</sup> (Thursday) REVIEW ALL “O” & “D” & SPECIAL TEAMS, ETC.

Practice...

SEPTEMBER 5<sup>th</sup> ...FRIDAY...4pm...KENNEWICK LIONS AT LAMPSON