

Palos Verdes Football Fall Camp Varsity/JV 2023

Monday	Tues	Wednesday	Thurs	Friday	Saturday
July 31st 8:30am Meeting 9-10:30am Practice 10:30-11:30 Sea King Training Concussion Testing 11:45 and 12:30 4-6:30pm Practice	Aug 1st 10:30-11:30 Sea King Training 4-7:00pm Practice	2 9-10:30am Practice 10:30-11:30 Sea King Training Concussion Testing 11:45 4-6:30pm Practice	3 10:30-11:30 Sea King Training Pictures 11:30 4-7:00pm Practice Full Pads Begins	4 9-10:00am Practice 10:30-11:30 Sea King Training 4-6:00pm Practice	5 9-10am Practice-Intrasquad
7 9-10:30am Practice 10:30-11:30 Sea King Training 4-6:30pm Practice	8 10:30-11:30am Sea King Training 4-7:00pm Practice	9 9-10:30am Practice 10:30-11:30 Sea King Training 4-6:30pm Practice	10 10:30-11:30am Sea King Training 4-7:00pm Practice	11 Freshmen Scrimmage at Foothill 4pm Varsity/JV Scrimmage vs. Foothill at Tustin High School 6:00pm	12 9:00am Film followed by Team Activity
14 1:30-3:00pm Sea King Training 4-6:30pm Practice	15 2:30-3:30 Sea King Training 4-6:30pm Practice	16 2:30-3:30pm Sea King Training 4-6:30pm Practice Varsity/JV Team Meal following Practice.	17 11am-2:00pm Practice JV Game at Cypress High School 3:15pm	18 Freshmen Game Home vs. St. Joseph 12:30pm Varsity Game Home vs. St. Joseph High School 3:30pm	19 9:00am Varsity Film
21 1:30-3:00pm Sea King Training 4-6:30pm Practice	22 2:30-3:30 Sea King Training 4-6:30pm Practice	23 First Day of School 2:30-3:30 Sea King Training 4-6:30pm Practice	24 Freshmen Game Home vs. Long Beach Poly 3:15pm JV Game at Santa Fe High School 3:00pm 3:00pm Varsity Practice	25 Varsity Game Home vs. Sunrise Mountain High School (AZ) 3:30pm	26 9:00am Varsity Film

NOTE: Times listed for practices are STARTING TIMES. **Taping needs to be done well before Practice starts.** Stretching and Warm-ups should begin 15 minutes **BEFORE** each starting time. Plan accordingly.

Sea King Training is part of our Fall Camp and season.

Palos Verdes Football 2023...*ALL IN ONE!*

Go Sea Kings!

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