

WOODSIDE FOOTBALL
SUMMER CALENDAR
2018

MONDAY, JUNE 18- THURSDAY, JUNE 28 –Weightroom will be open 6pm-8pm Monday, Wednesday, and Thursday.

MONDAY, JULY 1– SATURDAY, JULY 7. Dead Period. No team football related activities are allowed. Weightroom is closed.

MONDAY, JULY 9, 2018 – Preseason conditioning and weight training resumes. Conditioning will occur every Monday, Wednesday, and Thursday 6-8pm. You must have a current physical dated after May 1, 2018 on file to participate. Attendance will be recorded. If you have a vacation planned during our conditioning period, let the coaching staff know.

MONDAY, JULY 23 6:30pm-- MANDATORY PARENT/PLAYER MEETING.

THURSDAY, JULY 26, 2018– FOOTBALL PRACTICE BEGINS! All players are expected to be at practice the first day with their physical completed, signed, and turned into the coaching staff. Everyone is on the field at 5pm. Cuts will be made on Friday, August 3. All vacations should be completed *before* practice begins on July 27.

THURSDAY, AUGUST 9, 2018 – 1ST varsity scrimmage at Lake Taylor.

THURSDAY, AUGUST 16, 2018 – 2ND varsity scrimmage at York.

SATURDAY, AUGUST 24, 2018– 1ST varsity game vs Gloucester at Todd Stadium

SPORTS PHYSICALS

You will need to have a sports physical dated after May 1, 2018 on file with the athletic director before you can condition with the team in July and before you begin practice on July 26. VHSL forms are available in the main office at Woodside High School or online at www.vhsl.org. Physicals will be given on Wednesday, May 30 at Denbigh HS beginning at 5:30. \$20 Cash. Physicals will also be given on Thursday, June 7 at Warwick HS beginning at 5:30. \$20 Cash.