

**IMPORTANT FRESHMAN DATES:**  
**2007 Blue Devil Football – “Finish First!!”**

**July 19<sup>th</sup> (Thurs.) – 5:00p.m. – 8:00p.m.**      Lift-A-Thon (Downtown Norcross)

**WEEK 1:**

**July 23<sup>rd</sup> (Mon.) – Weight Training – 3 Sessions: pick one session**  
Session 1: 6:30a.m. – 8:30a.m.      Session 2: 8:30a.m. – 10:30a.m.      Session 3: 10:30a.m. – 12:30p.m.

**July 24<sup>th</sup> (Tues.) – Weight Training and Commerce Camp**

**July 25<sup>th</sup> (Wed.) – Weight Training and Commerce Camp**

**July 26<sup>th</sup> (Thurs.) – Weight Training, Commerce Camp**

**July 27<sup>th</sup> (Fri.) – Make-up Weight Training Day**

**Week 2**

**July 30<sup>th</sup> (Mon.) - ALL PLAYERS REPORT @ 10:00a.m. (ONLY THOSE WHO HAVE MADE WORKOUTS!)**  
Blue Devil Challenge      10:00a.m. – 12:00p.m.  
Lunch      12:30p.m. – 1:30p.m.

**July 31<sup>st</sup> (Tues.) - 11:00a.m. – 12:30a.m. Make up testing for everyone**

**August 1<sup>st</sup> (Wed.) – ALL PLAYERS REPORT @ 8AM      PICK-UP: 12:00 PM**  
- EQUIPMENT HANDOUT AND TEAM MEETING

**August 2<sup>nd</sup> (Thurs.) – AM Practice: Players Report @ 7:15 am      Pickup @ 11:00 a.m.**  
Player Treatment @ 6:00 a.m.      **(Shells)**

**August 3<sup>rd</sup> (Fri.) – AM Practice: Players Report @ 7:15 a.m.      Pickup @ 11:00 a.m.**  
Player Treatment @ 6:00 a.m.      **(Shells)**

**August 4<sup>th</sup> (Sat.) – Picture Day (All Players)      Report @ 8:00 a.m.**

**WEEK 3:**

**August 6<sup>th</sup> (Mon.) – PM Practice: Players Report @ 4:00p.m.      Pickup @ 7:30p.m.**

**August 7<sup>th</sup> (Tues.) – NO PRACTICE**

**August 8<sup>th</sup> (Wed.) - AM Practice: Players Report @ 7:15 a.m.      Pickup @ 11:00 a.m.**  
Player Treatment @ 6:00 a.m.

**August 9<sup>th</sup> (Thurs.) – NO PRACTICE: Freshman Registration @ 7:30 AM**

**August 10<sup>th</sup> (Fri.) - AM Practice: Players Report @ 7:15 a.m.      Pickup @ 11:00 a.m.**  
Player Treatment @ 6:00 a.m.

**WEEK 4:**

**August 13<sup>th</sup> (Mon.) – FIRST DAY OF SCHOOL – Regular Practice Everyday Afterschool Pick-up @ 6:30 PM**