

AUGUST – LONG ATHLETICS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
KEY FB = Football VB = Volleyball CC = Cross Country	1	2	3 FB- CONDITIONING WOODROW 8:00-11:00	4 FB- CONDITIONING WOODROW 8:00-11:00	5	6
7	8 FB- CONDITIONING WOODROW 8:00-11:00	9	10 FB- CONDITIONING WOODROW 8:00-11:00	11	12	13
14	15 DAD'S FB CAMP	16 6-8PM	17 RANDALL PARK	18 ATHLETE/ PARENT MEETING FOR ALL SPORTS 6:00- 7:00 PM Cafeteria	19	20
21	22 Football practice begins 4:00-6:30 at Randall Park	23 Required Safety Presentation 4:00 gym Volleyball tryouts begin 4:00-5:45	24 Physicals- Boy's gym 3:00- 5:00	25	26	27
28	29	30	31	FB practice Mon-Fri 4:00-6:30	VB practice Mon-Fri 4:00- 5:45	
	All student/athletes should be off of Long's campus within 15 minutes of the end of practices.					

SEPTEMBER – LONG ATHLETICS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
KEY FB = Football VB = Volleyball CC = Cross Country				1 VB- vs Lang @ Lang 7 th - 6:00 8 th - 7:00	2	3 CC- DCA Meet @ Jesse Owens TBA
4	5 Labor Day	6	7	8 Mini School Night VB- vs Balch Springs @ Woodrow 7 th - 6:30 8 th - 7:30	9	10 CC- Donald Evans Meet @ Fish Trap TBA
11	12 FB- vs Gaston @ Forester 7 th - 6:00 8 th - 7:30	13	14	15 VB- vs Gaston @ Bryan Adams 7 th - 6:30 8 th - 7:30	16	17 VB- Middle School Clinic @ Skyline HS TBA ALL TEAMS CC- Gary Horner Invitational @ Jesse Owens 11:00 am
18	19 FB- vs Florence @ Forester 7 th - 6:00 8 th - 7:30	20	21	22 VB- vs Ann Richards @ Woodrow 7 th - 6:30 8 th - 7:30 Teacher's Appreciation Night	23	24 VB- Skyline Tournament 7 th & 8 th
25	26	27	28	29 VB- vs PGA @ Samuel HS 7 th - 6:30 8 th - 7:30	30 VB- 7 th /8th ST. Anthony's Tournament 7 th & 8 th	

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OCTOBER – LONG ATHLETICS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
KEY FB = Football VB = Volleyball CC = Cross Country BSKT = Basketball SCR = Soccer						1 VB- 7 th /8 th ST. Anthony's Tournament 7 th & 8 th CC- Seagoville invitational @ Seagoville HS 8:00 am
2	3	4 FB- vs Piedmont @ Forester 7 th - 6:00 8 th - 7:30	5	6	7	8 Pinkston HS Meet @ Fish Trap TBA
9	10	11 Parent Conferences	12 FB- vs Lang @ Forester 7 th - 6:00 8 th - 7:30 PINK OUT VB- vs Hill @ Woodrow 7 th - 6:30 8 th - 7:30 High School Night	13	14	15 VB- City Championship Tournament TBA
16	17 No School	18 FB- vs Ann Richards @ Forester 7 th - 6:00 8 th - 7:30	19	20 LONG RUN FAIR DAY	21	22 CC- Middle School District Meet TBA
23	24 FB- vs Hill @ Forester 7 th - 6:00 8 th - 7:30 Teacher's Appreciation Night	25	26	27	28	29
30	31					

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