

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 ATHELTE/ 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 7th - 6:00 8th - 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 7th - 6:30 8th - 7:30 | 9 | 10 CC- Donald Evans Meet @ Fish Trap TBA |
| 11 | 12 FB- vs Gaston @ Forester 7th - 6:00 8th - 7:30 | 13 | 14 | 15 VB- vs Gaston @ Bryan Adams 7th - 6:30 8th - 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 7th - 6:00 8th - 7:30 | 20 | 21 | 22 VB- vs Ann Richards @ Woodrow 7th - 6:30 8th - 7:30 Teacher's Appreciation Night | 23 | 24 VB- Skyline Tournament 7th & 8th |
| 25 | 26 | 27 | 28 | 29 VB- vs PGA @ Samuel HS 7th - 6:30 8th - 7:30 | 30 VB- 7th/8th ST. Anthony's Tournament 7th & 8th | |

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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 | 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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