

East Meck Football Calendar



June 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	30 <i>Holiday</i> Must Have Ticket to Play and Physicals Done	1 2:30pm Weight Room 4 pm Practice	2 2:30pm Weight Room 4 pm Practice	3 7am Max Day! 10am Practice	4 7am Weight Room 10am Practice	5
6	7 7am Weight Room 10am Practice	8 7am Weight Room 10am Practice	9 7am Weight Room 10am Practice	10 7am Weight Room 10am Practice	11 OFF DAY REST AND RECOVER	12
13	14 7am Weight Room 10am Practice	15 7am Weight Room 10am Practice	16 7am Weight Room 10am Practice	17 7am Weight Room 10am Practice	18	19
20	21 7am Weight Room 10am Practice	22 7am Weight Room 10am Practice	23 7am Weight Room 10am Practice 6:00 7on7	24 FCA 7 on 7 @ Mallard Creek	25	26
27	28 7am Weight Room 10am Practice	29 7am Weight Room 10am Practice	30 7am Weight Room 10am Practice 6:00 7on7			

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July 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 7am Weight Room 10am Practice	2	3
4	5 DEAD PERIOD	6 DEAD PERIOD	7 DEAD PERIOD	8 DEAD PERIOD	9 DEAD PERIOD	10
11	12 7am Weight Room 10am Practice	13 7am Weight Room 10am Practice	14 7am Weight Room 10am Practice 6:00 7on7	15 7am Weight Room 10am Practice	16 7am Weight Room 10am Practice	17
18	19 DEAD PERIOD	20 DEAD PERIOD	21 DEAD PERIOD	22 DEAD PERIOD	23 DEAD PERIOD	24
25	26 7am-11:30am EAGLE Week	27 7am-11:30am EAGLE Week	28 7am-11:30am EAGLE Week	29 7am-11:30am EAGLE Week	30 7am-11:30am EAGLE Week	31

East Meck Football Calendar



August 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>First official Day of Practice</i>	3 7am-11:30am	4 7am-11:30am	5 7am-11:30am	6 7am-11:30am	7
8	9 7am-11:30am	10 7am-11:30am	11 7am-11:30am	12 7am-11:30am	13 West Cabarrus Scrimmage Vs. Central Cabarrus	14
15	16 2:30pm Weight Room	17 2:30pm Weight Room	18 2:30pm Weight Room	19 2:30pm Weight Room	20 Game Day 6:00 7:00	21
22	23	24	25	26	27	28
29	30	31				

