

MACON EAST
SUMMER WORKOUT AND CAMP SCHEDULE
2018

THE FOLLOWING WORKOUT REQUIREMENTS TO TRY OUT OR PARTICIPATE FOR ANY ATHLETIC TEAM IS AS FOLLOWS: YOU MUST MAKE 50% OF THE WORKOUTS REQUIRED IN ORDER TO BE ABLE TO PARTICIPATE.

VARSITY BOYS - 20 WORKOUTS

VARSITY GIRLS - 18 WORKOUTS

JUNIOR VARSITY BOYS - 15 WORKOUTS

JUNIOR VARSITY GIRLS - 13 WORKOUTS

FOR EACH WORKOUT BELOW THE REQUIRED NUMBER, THERE WILL BE A 2 GAME SUSPENSION IN **EACH** SPORT PLAYED.

ATHLETIC SUMMER CAMPS THAT OCCUR **DURING WORKOUT TIMES / DAYS** WILL BE ACCEPTED FOR CREDIT TOWARD SUMMER WORKOUTS. THEY MUST BE APPROVED IN ADVANCE BY COACH BRANTLEY IF IT IS NOT A MACON EAST CAMP.


IF YOU HAVE ANY QUESTIONS PLEASE CONTACT
COACH BRANTLEY AT (334) 303-2888 OR
JBRANTLEY@MACONEAST.NET

June 2018

■ jimbrantley28@gmail.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Coaches clinic				Chairman's Award due	
3	4 Girls Workouts: (JV/V) 7:00am - 8:15am Boys Workouts: (JV) 7:45am - 9:00am BB: All Star games	5 7:00am - 8:15am (V) 8:30am - 9:45am SB: All Star games	6	7	8	9
10	11 Girls Workouts: (JV/V) 7:00am - 8:15am Boys Workouts: (JV) 7:45am - 9:00am	12 7:00am - 8:15am (V) 8:30am - 9:45am	13	14	15	16
17	18 Girls Workouts: (JV/V) 7:00am - 8:15am Boys Workouts: (JV) 7:45am - 9:00am	19 7:00am - 8:15am (V) 8:30am - 9:45am	20	21	22	23
24	25 Boys Workouts: (JV) 7:45am - 9:00am Girls Workouts: (JV/V) 7:00am - 8:15am	26 7:45am - 9:00am 7:00am - 8:15am (V) 8:30am - 9:45am	27	28	29	30

July 2018

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 NO WORKOUTS THIS WEEK!!!!!!	3	4	5	6	7
8	9 Boys Workouts: (V) 7:45am – 9:00am Cheer Camp Girls Workouts: (V/V) 7:00am – 8:15am	10 (V) 8:30am – 9:45am	11	12	13	14
15	16 Boys Workouts: (V) 7:45am – 9:00am Girls Workouts: (V/V) 7:00am – 8:15am	17 (V) 8:30am – 9:45am	18	19	20	21
22	23 Girls Workouts: (V/V) 7:00am – 8:15am Boys Workouts: (V) 7:45am – 9:00am Eligibility due	24 (V) 8:30am – 9:45am	25	26 FB: (V) Practice begins VB: practice begins	27	28
29	30	31				

August 2018

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
	TEACHER IN-SERVICE FB: (VFB) Practice begins		School starts			
12	13	14	15	16	17	18
						VB: Jamboree
19	20	21	22	23	24	25
			VB: SEASON OPENS VB: W/ Success Unlimited		VB: (V) Glenwood tournament FB: W/ HOOPER	
26	27	28	29	30	31	1
	VBW/CoosaValleyJV/4pm	JVFB: @ Fort Dale VB: @Fort DaleJV/V4pm			FB: @ Evangel VB: (V) @ Eastwood 4pm	