



SEPTEMBER 2023

FALCON "WINNING" FOOTBALL

WORK HARD. DO YOUR BEST. HAVE FUN!

NGUNNGU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AUGUST 27 Players MUST have 12 practices to play in the first game	AUGUST 28 Practice #6 3:45-5:00 PM	AUGUST 29 Practice #7 3:45-5:00 PM	AUGUST 30 Practice #8 2:45-5:00 PM	AUGUST 31 Practice #9 2:45-5:00 PM	1 Practice #10 8:30-10:45 AM	2 15 push ups 25 jumping jacks
3 Note: Bring plenty of water to all practices & games	4 Labor Day NO Practice	5 Practice #11 2:15-3:30 PM BMS OPEN HOUSE 4:00-6:00 PM	6 Practice #12 2:45-5:00 PM FIRST DAY OF SCHOOL	7 HOME Game Day vs. Tenino 8th Grade @ 5PM NOTHING FOR 7th	8 Practice 2:30-4:45 PM NON-ACT DAY FRIDAY	9 30 sit-ups 20 push ups
10 If you want to go home with parents after away games you MUST have a Travel Release form signed by the office.	11 Practice 2:30-4:45 PM	12 Practice 2:30-4:45 PM	13 AWAY Game Day vs. Montesano JH @ Montesano HS 7th Grade @ 5PM 8th Grade @ 7PM	14 Practice 2:30-4:45 PM	15 NO Practice	16 35 jumping jacks 25 push ups
17 Make sure all your gear is ready prior to game time or leaving for a game. (like at lunch)	18 Practice 2:30-4:45 PM	19 AWAY Game Day @ Chehalis MS 7th Grade @ 4:30PM NOTHING for 8th Grade	20 AWAY Game Day @ Chehalis MS 8th Grade @ 4:30PM NOTHING for 7th Grade	21 PICTURE DAY 2:45-4:30 PM	22 NO Practice	23 40 sit ups 25 jumping jacks
24 Because of kick-off time, proper snacks are recommended for after school.	25 Practice 2:30-4:45 PM	26 HOME Game Day vs. Rochester 7th Grade @ 5PM NOTHING for 8th Grade	27 Practice 2:30-4:45 PM	28 HOME Game Day vs. Rochester 8th Grade @ 5PM NOTHING FOR 7th	29 NO Practice	30 45 jumping jacks 30 push ups



OCTOBER 2023

FALCON "WINNING" FOOTBALL

WORK HARD. DO YOUR BEST. HAVE FUN!

NGUNNGU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <i>Note:</i> Bring plenty of water to all practices & games	2 Practice 2:45-5:00 PM	3 AWAY Game Day @ Miller JH (Aberdeen) 7th Grade @ 5PM NOTHING FOR 8th Grade	4 Practice 2:45-5:00 PM	5 AWAY Game Day @ Miller JH (Aberdeen) 8th Grade @ 5PM NOTHING FOR 7th Grade	6 NO Practice	7 30 push ups 50 jumping jacks
8 If you want to go home with parents after away games you MUST have a Travel Release form signed by the office.	9 Practice 2:45-5:00 PM	10 Practice 2:45-5:00 PM	11 Practice 2:45-5:00 PM	12 HOME Game Day vs. Oakland Bay JH (Shelton) @ Sid Otton Field (THS) 7th Grade @ 4:30PM 8th Grade @ 6:30PM	13 NO Practice	14 45 sit ups 50 jumping jacks
15 Because of kick-off time, please have your players bring proper snacks for after school.	16 Practice for 7th Grade 2:45-5:00 PM	17 HOME Game Day vs. Chehalis MS 7th Grade @ 4PM NOTHING for 8th Grade	THE DATE AND TIME OF THE END OF SEASON CELEBRATION IS...		20	21
22 Make sure all your gear is ready prior to game time or leaving for a game. (like at lunch)	23	24	25	26	27	28
...CURRENTLY TO BE DETERMINED.						
29	30	31	NOVEMBER 1	NOVEMBER 2	NOVEMBER 3	NOVEMBER 4