

# Phil Campbell Bobcats Football

| June 2020 |  |   |  |  |                                       |           |
|-----------|--|---|--|--|---------------------------------------|-----------|
| Sun       | Mon  | Tue   | Wed  | Thu  | Fri                                   | Sat       |
|           | <b>1</b><br>Workout # 1<br>8 A.M.<br><br>Linemen Group 6 P.M.  | <b>2</b><br>Makeup Workout 9 A.M<br>Linemen Group Workout #2<br>6 P.M   | <b>3</b><br>Workout # 2<br>8 A.M.  | <b>4</b><br>Workout # 3<br>6 P.M<br><br>Makeup Workout<br>9 A.M.   | <b>5</b><br>Makeup Workout<br>9 A.M.  | <b>6</b>  |
| <b>7</b>  | <b>8</b><br>Workout # 4<br>8 A.M.<br><br>Linemen Group 6 P.M   | <b>9</b><br>Makeup Workout 9 A.M<br>Linemen Group Workout #5<br>6 P.M   | <b>10</b><br>Workout # 5<br>8 A.M.   | <b>11</b><br>Workout # 6<br>6 P.M<br><br>Makeup Workout<br>9 A.M.  | <b>12</b><br>Makeup Workout<br>9 A.M. | <b>13</b> |
| <b>14</b> | <b>15</b><br>Workout # 7<br>8 A.M.<br><br>Linemen Group 6 P.M  | <b>16</b><br>Makeup Workout 9 A.M<br>Linemen Group Workout #8<br>6 P.M  | <b>17</b><br>Workout # 8<br>8 A.M.   | <b>18</b><br>Workout # 9<br>6 P.M<br><br>Makeup Workout<br>9 A.M.  | <b>19</b><br>Makeup Workout<br>9 A.M. | <b>20</b> |
| <b>21</b> | <b>22</b><br>Workout # 10<br>8 A.M.<br><br>Linemen Group 6 P.M | <b>23</b><br>Makeup Workout 9 A.M<br>Linemen Group Workout #11<br>6 P.M | <b>24</b><br>Workout # 11<br>8 A.M.  | <b>25</b><br>Workout # 12<br>6 P.M<br><br>Makeup Workout<br>9 A.M. | <b>26</b><br>Makeup Workout<br>9 A.M. | <b>27</b> |
| <b>28</b> | <b>29</b><br>Workout # 13<br>8 A.M.<br><br>Linemen Group 6 P.M | <b>30</b><br>Workout # 14<br>8 A.M.<br><br>Linemen Group 6 P.M          | <b>14 Total Workouts</b><br><b>* Makeup Workouts: Let Coach Barnwell know in advance (256)-436-2726</b><br><b>* Items Needed for each Workout: Athletic Shoes, Cleats, Mask or face covering, Plenty of Water or Gatorade (Cooler).</b><br><b>* Please Observe Social Distancing at All Times!</b><br><b>* Masks will be worn in Weight room</b><br><b>*Please try to use the restroom prior to coming to Fieldhouse. Restrooms will be available if Necessary but avoid remaining in Dressing Room.</b><br><b>*Report to Stadium Bleachers prior to each Workout (If raining, Report to High School Gym and make sure to observe 6 ft Social Distancing</b> |  |                                       |           |