



2018

K.1.L.

Year of the Cougar

What is expected of me as a Cougar football player in 2018:

1. I am expected to be a thermostat:
 - a. I realize I control My Attitude and My Teammates Attitudes
2. I am expected to be coachable:
 - a. I realize that my coaches are trying to make me and my team better. I will not take coaching as criticism.
3. I will be aware of my body language:
 - a. I realize my body can say more than my mouth. I will carry myself as a leader, winner, most importantly as a Cougar
4. I will not run from Failure:
 - a. I realize failure can teach me more than any of my successes. I will not run from it. I will embrace it!
5. I will Embrace Pain:
 - a. I realize without pain, I cannot feel Glory. I understand the easy way is for losers and I will not chose that path.
6. I will be accountable and hold my teammates to One Standard: **THE BEST**
 - a. I realize my attendance is crucial. I will be here. When I am here I will follow & be driven by the previous 5 rules.

ONE

April 2018

Sun	Mon	Tues	Wed	Thu	Fri	Sat
1	2 SPRING BREAK NO SCHOOL!	3 SPRING BREAK NO SCHOOL!	4 SPRING BREAK NO SCHOOL!	5 SPRING BREAK NO SCHOOL!	6 SPRING BREAK NO SCHOOL!	7
8	9	10 After School Conditioning 4:00-5:15pm	11	12 After School Conditioning 4:00-5:15pm	13	14
15	16	17 After School Conditioning 4:00-5:15pm <u>Recruiting Info Meeting 6:30PM Auditorium</u>	18	19 After School Conditioning 4:00-5:15pm <u>MANDATORY Freshmen & New Parent meeting 7pm Auditorium</u>	20	21
22	23	24 After School Conditioning 4:00-5:15pm	25	26 After School Conditioning 4:00-5:15pm Physicals 6:00pm in Carrollton	27	28 Equipment Distribution V=9:00- 10:00am FR=10:00- 10:45am
29	30 Varsity = No workouts Freshmen Practice 4:45-6:45					

-Physicals will be April 26st in Carrollton/ Cost is \$5 to pay for transportation, but the physical is FREE!!!

-At least one parent must be present at Equipment Distribution 4/28!!!

***** FOR THOSE PLANNING SUMMER VACATIONS – We are off the last week of June and the 1st week of July. Those are great times!!!! All other times, your child will be missing crucial workouts & instruction that will help us win in the Fall!!!**

May 2018

Sun	Mon	Tues	Wed	Thu	Fri	Sat
		1 Varsity = No workouts	2 Varsity = No workouts	3 Varsity = No workouts	4	5
	Freshmen Practice 4:45-6:45	Freshmen Practice 4:45-6:45	Freshmen Practice 4:45-6:45	Freshmen Practice 4:45-6:45		
6	7 SPRING FOOTBALL V=4:00-6:10pm	8 SPRING FOOTBALL V=4:00-6:10pm FR=6:30-8:00	9 SPRING FOOTBALL V=4:00-6:10pm FR=6:30-8:00	10 SPRING FOOTBALL V=4:00-6:10pm FR=6:30-8:00	11 SPRING FOOTBALL V=4:00-6:10pm	12
13	14 SPRING FOOTBALL V=4:00-6:10pm	15 SPRING FOOTBALL V=4:00-6:10pm	16 SPRING FOOTBALL V=4:00-6:10pm	17 SPRING FOOTBALL V=4:00-6:10pm	18 SPRING GAME 6:00-8:00pm	19
20	21 NO WORKOUTS!	22 ½ DAY NO WORKOUTS!	23 ½ DAY NO WORKOUTS!	24 ½ DAY NO WORKOUTS!	25 ½ DAY NO WORKOUTS!	26
27	28 memorial day NO Work-Outs!!	29 SUMMER WORKOUTS 8-10:30am	30 SUMMER WORKOUTS 8-10:30am	31 SUMMER WORKOUTS 8-10:30am		

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June 2018

Sun	Mon	Tues	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
	SUMMER WORKOUTS	SUMMER WORKOUTS	SUMMER WORKOUTS	SUMMER WORKOUTS		
	8-10:30am	8-10:30am	8-10:30am	8-10:30am		
10	11	12	13	14	15	16
	SUMMER WORKOUTS	SUMMER WORKOUTS	SUMMER WORKOUTS	SUMMER WORKOUTS	DARLINGTON	
	8-10:30am	8-10:30am	8-10:30am	8-10:30am	Varsity Skill Players Only	
17	18	19	20	21	22	23
Father's Day	SUMMER WORKOUTS	SUMMER WORKOUTS	SUMMER WORKOUTS	SUMMER WORKOUTS	George Maloof	
	8-10:30am	8-10:30am	8-10:30am	8-10:30am	7-on-7	
24	25	26	27	28	29	30
	ALEXANDER OFF WEEK	ALEXANDER OFF WEEK	ALEXANDER OFF WEEK	ALEXANDER OFF WEEK	ALEXANDER OFF WEEK	
	MANDATORY R&R	MANDATORY R&R	MANDATORY R&R	MANDATORY R&R	MANDATORY R&R	

Summer work-outs are not Mandatory, but neither is attending camps. If players are not at practice, they cannot expect to travel to tournaments & Camps.

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July 2018

Sun	Mon	Tues	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	GHSA DEAD WEEK	GHSA DEAD WEEK	GHSA DEAD WEEK	GHSA DEAD WEEK	GHSA DEAD WEEK	
	NO WORKOUTS!	NO WORKOUTS!	NO WORKOUTS!	NO WORKOUTS!	NO WORKOUTS!	
8	9	10	11	12	13	14
	SUMMER WORKOUTS	SUMMER WORKOUTS	SUMMER WORKOUTS	SUMMER WORKOUTS		
	8-10:30am	8-10:30am	8-10:30am	8-10:30am		
15	16	17	18	19	20	21
	FCA @ West GA.	FCA @ West GA.	FCA @ West GA.			
22	23	24	25	26	27	28
			CAMP COUGAR	CAMP COUGAR	CAMP COUGAR	
			Check-in 4:00pm		Family BBQ 7:00pm	
			THIS IS AN OVERNIGHT CAMP!!			
29	30	31				
	Mandatory GHSA Helmet Days	Mandatory GHSA Helmet Days				
	8-9am Mile Run	8-9am Mile Run				
	*July 9,10,11,12, are Mandatory practices for those that want to go to FCA.					
	** FCA will only be for Varsity players.					
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August 2018

Sun	Mon	Tues	Wed	Thu	Fri	Sat
			1 Practice 12:00am-2:00am	2 Practice 6-8pm	3 Practice 6-8pm	4
			Pictures 5:00 pm			
5	6 Practice 4-6:30pm	7 Practice 4-6:30pm	8 Practice 4-6:30pm	9 Practice 4-6:30pm	10 V-Heard Co. Away 7:30 pm	11
12	13 Practice 4-6:30pm	14 Practice 4-6:30pm	15 Practice 4-6:30pm	16 Practice 4-6:30pm	17 OFF	18
19	20 Practice 4-6:30pm	21 Practice 4-6:30pm	22 Practice 4-6:30pm	23 V:Practice 4-5 JV: @ VR 6pm FR: vs. VR 6pm	24 V-Cedartown Away 7:30 pm	25
26	27 Practice 4-6:30pm	28 Practice 4-6:30pm	29 Practice 4-6:30pm	30 V:Practice 4-5 JV: vs. Northgate 6pm FR: @ Northgate 6pm	31 V-Newnan Home 7:30 pm	

Parents-Starting August 1st, all practices are Mandatory! If you player is not present, they will not play. Practice and preparation are critical to our success and absences hurt the team. IF IT IS A WEEK DAY, WE WILL HAVE PRACTICE, EVEN IF WE DON'T HAVE SCHOOL!!!

September 2018

Sun	Mon	Tues	Wed	Thu	Fri	Sat
						1
2	3 No SCHOOL	4	5	6	7 V-South Home	8
	Practice 4-6:30pm	Practice 4-6:30pm	Practice 4-6:30pm	V:Practice 4-5 JV: @ Carrolton 6pm FR: vs. Carrolton 6pm	7:30 pm	
9	10 Practice 4-6:30pm	11 Practice 4-6:30pm	12 Practice 4-6:30pm	13 Practice 4-6:30pm	14 OFF BYE WEEK	15
16	17 Practice 4-6:30pm	18 Practice 4-6:30pm	19 Practice 4-6:30pm	20 V:Practice 4-5 JV: @ Newnan 6pm FR: vs. Newnan 6pm	21 V-New Manchester Home	22
					7:30 pm	
23	24 Practice 4-6:30pm	25 Practice 4-6:30pm	26 Practice 4-6:30pm	27 V:Practice 4-5pm JV:vs. East Cow. FR:@ East Cow.	28 V-Northgate Away	29
					7:30 pm	

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October 2018

Sun	Mon	Tues	Wed	Thu	Fri	Sat
	1 Practice 4-6:30pm	2 Practice 4-6:30pm	3 Practice 4-6:30pm	4 V:Practice 4-5pm JV: vs. Westlake FR:@ Westlake	5 <u>V-Tri. Cities</u> <u>Home</u> <u>7:30 pm</u> HOMECOMING!	6
7	8 No SCHOOL Practice 9-11:30	9 No SCHOOL Practice 9-11:30	10 Practice 4-6:30pm	11 V:Practice 4-5 JV: @ Paulding Co. 6pm FR: vs. Paulding Co. 6pm	12 <u>V-Langston</u> <u>Hughes</u> <u>Away</u> <u>7:30 pm</u>	13
14	15 Practice 4-6:30pm	16 Practice 4-6:30pm	17 Practice 4-6:30pm	18 Practice 4-6:30pm	19 <u>V-Creekside</u> <u>Home</u> <u>7:30 pm</u>	20
21	22 Practice 4-6:30pm	23 Practice 4-6:30pm	24 Practice 4-6:30pm	25 Practice 4-6:30pm	26 <u>V-Mays</u> <u>Away</u> <u>7:30 pm</u>	27
28	29 Practice 4-6:30pm	30 Practice 4-6:30pm	31 Practice 4-6:30pm			

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November 2018

Sun	Mon	Tues	Wed	Thu	Fri	Sat
				1	2 V-Douglas Co.	3
				Practice 4-6:30pm	Away 7:30 pm	
4	5	6 No SCHOOL	7	8	9 1st-Round	10
	Practice 4-6:30pm	Practice 4-6:30pm	Practice 4-6:30pm	Practice 4-6:30pm	Playoffs TBD	
11	12	13	14	15	16 2nd-Round	17
	Practice 4-6:30pm	Practice 4-6:30pm	Practice 4-6:30pm	Practice 4-6:30pm	Playoffs TBD	
18	19 No SCHOOL	20 No SCHOOL	21 No SCHOOL	22 Thanksgiving Day	23 3rd-Round	24
	Practice 9-11:30	Practice 9-11:30	Practice 9-11:30	Practice 9-11:30	Playoffs TBD	
25	26	27	28	29	30 Semi-Finals	
	Practice 4-6:30pm	Practice 4-6:30pm	Practice 4-6:30pm	Practice 4-6:30pm	Playoffs TBD	

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December 2018

Sun	Mon	Tues	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
	Practice 4-6:30pm	Practice 4-6:30pm	Practice 4-6:30pm	Practice 4-6:30pm	State Championship Mercedes Benz 8:00 pm	
9	10	11	12	13	14	15
	Banquet 7:00 pm Crossroads Church					
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					