

HENDERSON LIONS FOOTBALL

2019 August Football Practice Schedule

Varsity and Junior Varsity

Morning Practice:

August 5th-9th & 12th-14th

6:00am – 8:30am – Weights/Film/Meetings

Afternoon Practice:

August 5th-9th & 12th-14th

5:00pm – Report and Dress

5:30pm – 8:30pm – Practice

Freshmen

MORNING PRACTICE ONLY

August 5th- 9th & 12th-14th

6:00am – 8:30am

Varsity, JV and Freshmen

August 10th-Afternoon Practice & Meet the Lions

@ Lions Stadium

“ONE TEAM, ONE FAMILY”

Any questions, contact Henderson Lions Athletics at 903-655-5015