

FLOWER MOUND FOOTBALL

FRESHMAN FOOTBALL CALENDAR 2023

<i>JUNE</i>						
<i>Su</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>Th</i>	<i>F</i>	<i>Sa</i>
	5 <i>Summer J.A.C.</i> 8:15-9:45 a.m.	6 <i>Summer J.A.C.</i> 8:15-9:45 a.m.	7 <i>Summer J.A.C.</i> 8:15-9:45 a.m.	8 <i>Summer J.A.C.</i> 8:15-9:45 a.m.	9	10
11	12 <i>Summer J.A.C.</i> 8:15-9:45 a.m.	13 <i>Summer J.A.C.</i> 8:15-9:45 a.m.	14 <i>Summer J.A.C.</i> 8:15-9:45 a.m.	15 <i>Summer J.A.C.</i> 8:15-9:45 a.m.	16	17
18	19 <i>Summer J.A.C.</i> 8:15-9:45 a.m.	20 <i>Summer J.A.C.</i> 8:15-9:45 a.m.	21 <i>Summer J.A.C.</i> 8:15-9:45 a.m.	22 <i>Summer J.A.C.</i> 8:15-9:45 a.m.	23	24
25	26 <i>Summer J.A.C.</i> 8:15-9:45 a.m.	27 <i>Summer J.A.C.</i> 8:15-9:45 a.m.	28 <i>Summer J.A.C.</i> 8:15-9:45 a.m.	29 <i>Summer J.A.C.</i> 8:15-9:45 a.m.	30	

<i>JULY</i>						
<i>Su</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>Th</i>	<i>F</i>	<i>Sa</i>
	3 <i>Off</i>	4 <i>Off</i>	5 <i>Off</i>	6 <i>Off</i>	7	8
9	10 <i>Summer J.A.C.</i> 8:15-9:45 a.m.	11 <i>Summer J.A.C.</i> 8:15-9:45 a.m.	12 <i>Summer J.A.C.</i> 8:15-9:45 a.m.	13 <i>Summer J.A.C.</i> 8:15-9:45 a.m.	14	15
16	17 <i>Summer J.A.C.</i> 8:15-9:45 a.m.	18 <i>Summer J.A.C.</i> 8:15-9:45 a.m.	19 <i>Summer J.A.C.</i> 8:15-9:45 a.m.	20 <i>Summer J.A.C.</i> 8:15-9:45 a.m.	21	22
23	24	25	26	27	28	29
	<i>Head Start Football Camp (5-8 p.m.) Grades 7th-9th</i>					

Summer JAC Football Skill Work
9:45 - 10:30 a.m.
Monday and Tuesday

Schedule is subject to change
For the most current information, please check our
website at www.FM.JaguarFootball.net

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AUGUST						
Su	M	T	W	Th	F	Sa
	31 Begin 9th FB Practice Report 6:45 a.m. Practice 7:00-9:15 a.m.	1 Practice Report 6:45 a.m. Practice 7:00-9:15 a.m.	2 Practice Report 6:45 a.m. Practice 7:00-9:15 a.m.	3 Practice Report 6:45 a.m. Practice 7:00-9:15 a.m.	4 Practice Report 6:45 a.m. Practice 7:00-8:00 a.m. Picture Day 8:15 - 9 a.m.	5
6	7 Practice Report 6:45 a.m. Practice 7:00-8:30 a.m.	8 NO 9th practice	9 1st Day of School Report 7:15 a.m. Practice 7:30-9:00 a.m.	10 Practice Report 7:15 a.m. Practice 7:30-9:00 a.m.	11 Practice Report 7:15 a.m. Practice 7:30-9:00 a.m.	12
13	14 Practice/Report 7:15 a.m. Practice 7:30-9:00 a.m. Pre-Season Parent Mtg FMHS cafeteria 6 p.m.	15 Practice Report 7:15 a.m. Practice 7:30-9:00 a.m.	16 Practice Report 7:15 a.m. Practice 7:30-9:00 a.m.	17 Scrimmage	18 Report 8 a.m. Film/Weights	19
20	21 Begin regular season schedule	22	23	24 9th games vs. Fossil Ridge	25 Varsity game vs. Fossil Ridge	26

Regular Season practice schedule (once school starts)

Monday	7:15 a.m. (Report) ; 7:30 - 9:00 a.m. (Practice)
Tuesday	6:45 a.m. (Report/Lift) ; 7:30 - 9:00 a.m. (Practice)
Wednesday	7:15 a.m. (Report) ; 7:30 - 9:00 a.m. (Practice)
Thursday (Game Day)	7:45 a.m. (Report) ; 8:00 - 9:00 a.m. (Walkthrough)
Friday	8:00 a.m. (Report) ; Lift and watch film

Reminders

Please visit our website at www.fmjaguarfootball.net. You may register for email updates and do the following:

Sign up for Summer J.A.C. (Jaguar Athletes Course)

Complete all online forms on Rank One

Download UIL Pre-Participation physical form and complete your physical. Must have current physical to participate in JAC.

Order your Game Day polo (if needed)

Order your Thursday pre-game meal

Access Game Schedules

Register for Head Start
Football Camp



Register for
Summer J.A.C.

