



Covington Football

◀ January		February 2020					March ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1	
2	3 Lifting 3-4:15	4 Lifting 3-4:15	5	6 Coaching Clinic Columbus Easton Lifting 3-4:15	7 Coaching Clinic Columbus Easton NO Lifting	8 Coaching Clinic Columbus Easton	
9	10 Lifting 3-4:15	11 Lifting 3-4:15	12	13 Early Release 1 PM P/T Conferences 1:30-9 PM Lift 1-2 PM	14 NO School Voluntary lift TBA	15	
16	17 NO School President's Day Lifting 3-4:30 Max Bench, Squat, Dead lift, Pull Ups	18 Lift 3-4:15 Max on Dips Band Work	19	20 Lift 3-4:15	21 Lift 3-4:15	22	

◀ January		February 2020					March ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
23	24 Lift 3-4:15	25 Lift 3-4:15	26	27 Lift 3-4:15	28 Lift 3-4:15	29	

◀ February		March 2020					April ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 Lift 3-4:15	3 Lift 3-4:15	4	5 Lift 3-4:15	6 Lift 3-4:15	7	
8	9 Lift 3-4:15	10 Lift 3-4:15	11	12 Lift 3-4:15	13 Lift 3-4:15	14	
15	16 Lift 3-4:15	17 Lift 3-4:15	18	19 Lift 3-4:15	20 Lift 3-4:15	21	
22	23 Lift 3-4:15	24 Lift 3-4:15	25	26 Lift 3-4:15	27 Lift 3-4:15	28	

◀ February		March 2020				April ▶	
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
29	30 Lift 3-4:15 Max out	31 Lift 3-4:15 Max Out					

[◀ March](#)**April 2020**[May ▶](#)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Lift 3-4:15 Band work	3 Lift 3-4:15	4
5	6 Lift 3-4:15	7 Lift 3-4:15	8	9 Lift 3-4:15	10 NO School Easter Break Voluntary lift TBA	11
12	13 No School Easter Break Voluntary Lift TBA	14 Lift 3-4:15	15	16 Lift 3-4:15	17 Lift 3-4:15	18
19	20 Lift 3-4:15	21 Lift 3-4:15	22	23 Lift 3-4:15	24 Lift 3-4:15	25
26	27 Lift 3-4:15	28 Lift 3-4:15	29	30 Lift 3-4:15		

◀ April		May 2020					June ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					1 Lift 3-4:15	2	
3	4 Lift 3-4:15	5 Lift 3-4:15	6	7 Lift 3-4:15	8 Lift 3-4:15	9	
10	11 Max out 3-4:30	12 Max Lift 3-4:15	13	14 Lift 3-4:15 Band Work	15 Lift 3-4:15	16	
17	18 Lift 3-4:15	19 Lift 3-4:15	20	21 Lift 3-4:15	22 Last day of school early release 1 PM lifting after	23	
24	25 Memorial Day Voluntary Lift TBA	26 Lift 7-8:30 AM	27	28 Lift 7-8:30 AM	29 Lift 7-8:30 AM	30	
31							



Covington Football

◀ May June 2020 July ▶						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Lifting 7-8:30 AM	2 Lifting 7-8:30 AM	3	4 Lifting 7-8:30 AM	5 Lifting 7-8:30 AM	6 Coach Cates on Vacation
7	8 Lifting 7-8:30 AM	9 Lifting 7-8:30 AM	10	11 Lifting 7-8:30 AM	12 Lifting 7-8:30 AM	13
14 Coach Cates returns from Vacation	15 Lifting 7-8:30 AM	16 Lifting 7-8:30 AM	17	18 Lifting 7-8:30 AM	19 Lifting 7-8:30 AM	20
21	22 Lifting 7-8:30 AM	23 Lifting 7-8:30 AM	24	25 <i>Lift a Thon 5 PM</i>	26 No Football	27

◀ May		June 2020					July ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
28	29 <i>Camp Day 1</i> 4- 6:30 PM	30 <i>Camp Day 2</i> 4- 6:30 PM					



Covington Football

◀ June		July 2020					August ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1	2 Lifting 7-8:30 AM	3 NO FOOTBALL	4 Independence Day NO FOOTBALL	
5	6 <i>Camp Day (3)</i> <i>Overnight Camp</i> <i>Ludlow Falls</i>	7 <i>Camp Day (4)</i> <i>Ludlow Falls then</i> <i>Matt Light Land</i>	8 Youth Camp 6-8 PM	9 Lifting 7-8:30 AM Youth Camp 6-8 PM	10 Lifting 7-8:30 AM Youth Camp 6-8 PM	11	
12	13 <i>7 on 7 @ Xenia (5)</i> <i>5 pm</i>	14 Lifting 7-8:30 AM	15 <i>7 on 7 @ Sidney (6)</i> <i>6 PM</i>	16 <i>Camp Day (7)</i> <i>4-6:30 PM</i>	17 Lifting 7-8:30 AM	18	

July 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
19	20 Camp Day (8) 4-6:30 PM	21 Camp Day (9) 4-6:30 PM	22	23 Camp Day (10) 4-6:00 PM Equipment pass out 6:00- 7 PM	24 NO Football	25
26	27 NO FOOTBALL OFF WEEK	28 NO FOOTBALL OFF WEEK	29 NO FOOTBALL OFF WEEK	30 NO FOOTBALL OFF WEEK	31 NO FOOTBALL OFF WEEK	



Covington Football

August 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 1st Two a Day- 8 AM-1 PM Helmets
2	3 Two a Day- 8 AM-1 PM Helmets	4 Two a Day- 8 AM-1 PM Helmets and Shoulder Pads	5 Two a Day- 8 AM-1 PM Helmets and Shoulder Pads	6 Two a Day- 8 AM-11 AM Full Pads no contact Midnight Hit practice 11-12:30	7 Walk Through scrimmage prep shells 3-5:30 PM	8 Last Saturday Off

August 2020							September
July	Sun	Mon	Tue	Wed	Thu	Fri	Sat
9	10 Scrimmage vs Mechanicsburg and Tri-Village 6 PM HOME	11 Film/Lift 3-5:30 PM Recovery Day Shells	12 Practice Shells 3-5:30 PM	13 Walk Through 3-5 PM	14 Scrimmage @ Versailles 7 PM	15 Film/ lift 8 AM-10 AM	
16	17 Practice 3-5:30 PM	18 Practice 3-5:30 PM	19 Practice 3-5:30 PM	20 Walk Through 3-5 Meet the Team	21 Jamboree HOME vs Anna 7 PM	22 Film/Lift 8 AM-10 AM	
23	24 Practice 3-5:30 PM	25 Practice 3-5:30 PM	26 Practice 3-5:30 PM	27 Walk Through 3-5 PM Team Meal	28 Game 1 vs. St. Henry 7 PM	29 Film/Lift 8-10 AM JV @ St. Henry	
30	31 Practice 3:30-5:30 PM						

September 2020							October
August	Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Practice 3:30-5:30 PM	2 Practice 3:30-5:30 PM	3 Practice 3:30-5 PM Team Meal	4 Game #2 @ West Milton 7 PM	5 Film/Lifting 8-10 AM JV vs Milton

◀ August

September 2020

October ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
6	7 Practice 3:30-5:30 PM	8 Practice 3:30-5:30 PM	9 Practice 3:30-5:30 PM	10 Practice 3:30-5 PM Team Meal	11 Game #3 @ TVS 7 PM	12 Film/Lifting 8-10 AM JV Home vs TVS
13 Practice TBA	14 Practice 3:30-5:30 PM	15 Practice 3:30-5:30 PM	16 Practice 3-5 PM Team Meal	17 <u>Game #4</u> <u>Thursday</u> <u>Night</u> <u>Lights @</u> <u>Home vs.</u> <u>Fort</u> <u>Loramie</u>	18 OFF Day- Stretch	19 Film/Lifting 8-10 AM JV @ Fort Loramie
20	21 Practice 3:30-5:30 PM	22 Practice 3:30-5:30 PM	23 Practice 3:30-5:30 PM	24 Practice 3-5 PM Team Meal	25 Game #5 vs. Ansonia Homecoming 7 PM	26 Film/Lifting 8-10 AM JV @ Ansonia
27	28 Practice 3:30-5:30 PM	29 Practice 3:30-5:30 PM	30 Practice 3:30-5:30 PM			

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Practice 3-5 PM Team Meal	2 Game #6 @ Miami East 7 PM	3 Lifting/Film 8-10 AM JV@ Home 10 AM
4	5 Practice 3:30-5:30 PM	6 Practice 3:30-5:30 PM	7 Practice 3:30-5:30 PM	8 Practice 3-5 PM Team Meal	9 Game #7 @ National Trail 7 PM	10 Lifting/Film 8-10 AM JV@ Home 10 AM
11	12 Practice 3:30-5:30 PM	13 Practice 3:30-5:30 PM	14 Practice 3:30-5:30 PM	15 Practice 3-5 PM Team Meal	16 Game #8 vs Arcanum 7 PM	17 Lifting/Film 8-10 AM JV @ Arcanum
18	19 Practice 3:30-5:30 PM	20 Practice 3:30-5:30 PM	21 Practice 3:30-5:30 PM	22 Practice 3-5 PM Team Meal	23 Game #9 @ Tri County North 7 PM	24 Lifting/Film 8-10 AM JV Home vs North 10 AM
25	26 Practice 3:30-5:30 PM	27 Practice 3:30-5:30 PM	28 Practice 3:30-5:30 PM	29 Practice 3-5 PM Team Meal	30 Game #10 vs Bethel Senior Night 7 PM	31 NO JV

[◀ October](#)

November 2020

[December ▶](#)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6 Playoff Round 1 Regional Quarterfinals	7
8	9	10	11	12	13 Playoff Round 2 Regional Semifinals	14
15	16	17	18	19	20 Playoff Round 3 Regional Finals	21
22	23	24	25	26 Thanksgiving	27 Playoff Round 4 State Semi-Finals	28
29	30					

[◀ November](#)

December 2020

[January ▶](#)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 State Finals	4 State Finals	5 State Finals
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24 Christmas Eve	25 Christmas	26
27	28	29	30	31 New Years Eve		