

**BELLEVILLE-ALBANY BOBCAT
YOUTH FOOTBALL INC.**

AUGUST 2009

**DIRECTOR
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www.dcafl.us**

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|-----------|------------------------|---|--|---|-----------|---|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 Practice @ Sugar River Park Helmets, Jerseys & Cleats NO PADS | 12 Practice @ Sugar River Park Helmets, Jerseys & Cleats NO PADS Parents Mtg* | 13 Practice @ Sugar River Park Helmets, Jerseys & Cleats NO PADS | 14 | 15 Practice 9-11 am FULL PADS |
| 16 | 17 Practice | 18 Practice | 19 | 20 Practice | 21 | 22 Practice 9-11 am |
| 23 | 24 Practice | 25 Practice Game Jersey, Pants & Girdle Handout | 26 Practice ? | 27 Practice | 28 | 29 Mandatory Weigh-ins & Scrimmage |
| 30 | 31 Practice | | | | | |

**PRACTICE TIMES ARE 5:20 P.M.
TO 7:00 P.M. WEEKDAYS**

**PRACTICE TIMES ARE 9:00 A.M.
TO 11:00 A.M. ON SATURDAYS**

***PARENTS MEETING @
6:15 PM @ SUGAR RIVER PARK**

PLEASE CONTACT A COACH IF YOU CANNOT MAKE A PRACTICE. PRACTICE IS RAIN OR SHINE.
(LIGHTNING WILL STOP PRACTICE.)