

Martin High School Sundancers
Weekly Practice Schedule
Regular Football Season 8/22-11/4

Monday:

- ⊗ 6:15-6:45: Warm-up, Stretch, Condition, Technique
- ⊗ 6:45-7:15: Set Formations/Parts
- ⊗ 7:15-8:00: Clean Football Dance
- ⊗ 8:00-8:20: Pep Rally Dance
- ⊗ 8:20-8:40: Dress In
- ⊗ 8:40-9:05: Announcements, Team Business, Study Hall

Tuesday:

- ⊗ 6:15-6:45: Warm-up, Stretch, Condition
- ⊗ 6:45-7:15: Technique – turns, leaps, kicks
- ⊗ 7:15-8:00: Clean Football Dance
- ⊗ 8:00-8:20: Pep Rally Dance
- ⊗ 8:20-8:40: Dress In
- ⊗ 8:40-9:05: Announcements, Team Business, Study Hall

Wednesday:

- ⊗ 6:15-6:45: Warm-up, Stretch, Condition, Technique
- ⊗ 6:45-7:15: Routine Tryouts/Squad Practice
- ⊗ 7:15-8:20: Outside for yard lines/Pre-game practice
- ⊗ 8:20-8:40: Dress In
- ⊗ 8:40-9:05: Announcements, Team Business, Study Hall

Thursday: Hat and Boot Day

- ⊗ 6:15-6:45: Warm-up, Stretch, Condition
- ⊗ 6:45-7:00: Technique work
- ⊗ 7:00-7:30: Stand routines, Pre-game
- ⊗ 7:30-8:00: Football Dance practice
- ⊗ 8:00-8:20: Pep Rally Dance practice
- ⊗ 8:20-8:40: Dress In
- ⊗ 8:40-9:05: Announcements, Team Business, Study Hall
- ⊗ 3:00-3:30: Stretch/review for Band Practice
- ⊗ 3:30-4:00: Band Practice
- ⊗ 4:00-4:45: Field Practice
- ⊗ 4:45-5:00: Packing List

Friday:

- ⊗ 7:00-7:15: Warm-up, Stretch
- ⊗ 7:15-7:50: Game Run Through
- ⊗ 7:50-8:20: Pep Rally Run Through
- ⊗ 8:20-8:40: Dress In
- ⊗ 8:40-9:05: Announcements, Team Business, Study Hall

**Please note that on weeks when we have a Thursday Night Game, we will follow the Thursday Schedule on Wednesday, the Friday Schedule on Thursday, and have 6:15 practice on Friday.