

TIMBERWOLVES



RONA WEEKLY
SCHEDULE/REMINDERS

- Check Twitter @BMTUnitedFtbl or
@CoachGrahamFB/HUDL FOR DAILY UPDATES
- Complete all Online Class work Assignments
- Complete the Daily Workout
- Post a Video of your workout
- Help with anything around the House (BEFORE
BEING TOLD)
- Study for SAT/ACT /AP Testing etc
- Position Meetings Offense- Tuesday/Thursday
Defense- Wednesday/Friday
- Communicate your job schedule to your position coach on
Sunday or Monday (Or as soon as you get it)