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| --- | --- |
| August CMS Football Schedule |  |
|  | 2025 |
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|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | 1 | 2 |
|  |  |  |  |  | **OFF** |  |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|  | **Weights 3:00-4:00 PM**  **Practice 4:00-5:15 PM** | **Weights 3:00-4:00 PM**  **Practice 4:00-5:15 PM** | **Weights 3:00-4:00 PM**  **Practice 4:00-5:15 PM** | **Weights 3:00-4:00 PM**  **Practice 4:00-5:15 PM** | **OFF** |  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|  | **1st Official Day (Helmets)**  **Weights 3:00-4:00 PM**  **Practice 4:00-5:30 PM** | **Day 2 (Helmets)**  **Weights 3:00-4:00 PM**  **Practice 4:00-5:30 PM** | **Day 3 (Shells)**  **Weights 3:00-4:00 PM**  **Practice 4:00-5:30 PM** | **Day 4(Shells)**  **Weights 3:00-4:00 PM**  **Practice 4:00-5:30 PM** | **Day 5 (Shells)**  **Weights 3:00-4:00 PM**  **Practice 4:00-5:30 PM** | **Day 6 (Full Contact)**  **Practice 8:00-9:15 AM** |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
|  | **1st Day of School**  **Practice 3:00-5:00 PM** | **Practice 3:00-5:00 PM** | **Practice 3:00-5:00 PM** | **CMS Jamboree**  **@ 4:45 PM** | **OFF** |  |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|  | **Practice 3:00-5:00 PM** | **Practice 3:00-5:00 PM** | **Practice 3:00-5:00 PM** | **CMS vs. Hendersonville (Home)**  **@ 5:00** | **FILM**  **3:00-4:00 PM** |  |
|  |  |  |  |  |  |  |