

January 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26 Squat Technique	27 Squat Technique	28 Squat Technique	29 Conditioning	30 Conditioning	31	

February 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2 Speed training PROGRESS REPORTS	3 Speed training PROGRESS REPORTS	4 Speed training	5 <i>Middle School Gym (6 pm)</i> Football camp meeting	6 Speed training	7	8
9 Power Clean technique	10 Power Clean technique	11 Power Clean technique	12 Power Clean technique	13 Power Clean technique	14	15
16 NO SCHOOL	17 Power Clean training	18 Power Clean training	19 Power Clean training	20 Power Clean training	21	22
23 Core training	24 Core training	25 Core training	26 Core training	27 Core training	28	

March 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2 Speed training	3 Speed training	4 Speed training	5 Speed training	6 Speed training	7	8
9 Plyometric training	10 Plyometric training	11 Plyometric training	12 Plyometric training	13 OFF	14	15
16 OFF SPRING BREAK	17 OFF SPRING BREAK	18 OFF SPRING BREAK	19 OFF SPRING BREAK	20 OFF SPRING BREAK	21	22
23 OFF 30 Distance Training	24 31 Distance Training	25 Distance Training	26 Distance Training	27 Distance Training	28 YOUTH CLINIC 8:00-10:30AM	29

April 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2	3	4 YOUTH CLINIC 8:00-10:30AM	5
6 Payment due date for football camp	7 Resistance Speed Training	8 Resistance Speed Training	9 Resistance Speed Training	10 Resistance Speed Training	11 WEIGHT ROOM CLINIC	12
13 Resistance Plyometric training	14 Resistance Plyometric training	15 Resistance Plyometric training	16 Resistance Plyometric training	17 Resistance Plyometric training	18 YOUTH CLINIC 8:00-10:30AM	19
20 Power Clean training	21 Power Clean training	22 Power Clean training	23 Power Clean training	24 Power Clean training	25 YOUTH CLINIC 8:00-10:30AM	26
27 Squat training	28 Squat training	29 Squat training	30 Squat training			

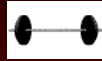
May 2009



Spring Football Practice 3:45-5:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Squat training	2 YOUTH CLINIC 8:00-10:30AM	3
4 	5 	6 	7 	8 	9	10
11 	12 	13 	14 	15 	16	17
18 	19 	20 	21 	22 Football meeting 10 am Last day of school	23	24
25	26	27	28	29	30	31




June 2009



Weight room hours and off-season information



Summer Passing and Linemen Practice 5:00 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1  	2 	3  	4 	5 	6	7
8  	9 	10  	11 AJ passing tourney 	12 	13 SPEED CLINIC 8:00-10:30AM	14
15  	16 	17  	18 	19 	20 WEIGHT CLINIC 8:00-10:30AM	21
22  	23 	24  	25 	26 	27 YOUTH CLINIC 8:00-10:30AM	28
29  	30 	Physicals should be finished				

July 2009



Weight room hours and off-season information



Summer Passing and Linemen Practice 5:00 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Click on individual date for specific information on event</p>		<p>1</p>  	<p>2</p> 	<p>3</p> 	<p>4</p> <p>YOUTH CLINIC 8:00-10:30AM</p>	<p>5</p>
<p>6</p> <p>Leave for Football Camp</p>	<p>7</p> <p>Football Camp</p>	<p>8</p> <p>Football Camp</p>	<p>9</p> <p>Football Camp</p>	<p>10</p> <p>Return from Football Camp</p>	<p>11</p> <p>YOUTH CLINIC 8:00-10:30AM</p>	<p>12</p>
<p>13</p>  	<p>14</p> 	<p>15</p>  	<p>16</p> 	<p>17</p> 	<p>18</p>	<p>19</p>
<p>20</p> <p>OFF</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>
<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p> <p>Equipment checkout 7am</p>	<p>31</p> <p>OFF</p>		

August 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3 1 ST DAY OF OFFICIAL PRACTICE (4PM)	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26 1 st Freshmen Game (TBA)	27 1 st JV Game (TBA)	28	29	30

September 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2 Freshmen Game 6pm (TBA)	3 JV Game 6pm (TBA)	4	5	6
7	8	9 Freshmen Game 6pm (TBA)	10 JV Game 6pm (TBA)	11	12	13
14	15	16 Freshmen Game 6pm (TBA)	17 JV Game 6pm (TBA)	18	19	20
21	22	23 Freshmen Game 6pm (TBA)	24 JV Game 6pm (TBA)	25	26	27
28	29	30 Freshmen Game 6pm (TBA)				

October 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 JV Game 6pm (TBA)	2	3	4
5	6	7 Freshmen Game 6pm (TBA)	8 JV Game 6pm (TBA)	9	10	11
12	13	14 Freshmen Game 6pm (TBA)	15 JV Game 6pm (TBA)	16	17	18
19	20	21 Freshmen Game 6pm (TBA)	22 JV Game 6pm (TBA)	23	24	25
26	27	28 Freshmen Game 6pm (TBA)	29 JV Game 6pm (TBA)	30	31	

November 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2	3	4	5	6	7	8
9	10 Equipment CHECK-in	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24	25	26	27	28	29

December 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			