

# Freshman FB June 2011

WEIGHT ROOM HOURS 5:30 AM to 7:30 AM or 8:00 AM to 10:00 AM CHOOSE 1 SESSION per DAY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 <i>Weight Room Orientation 10:30—12:00</i>
5	6 <i>WEIGHTS</i>	7 <i>WEIGHTS</i>	8	9	10	11
12	13 <i>WEIGHTS</i>	14 <i>WEIGHTS</i>	15	16 <i>WEIGHTS</i>	17 <i>WEIGHTS</i>	18
19	20 <i>WEIGHTS</i>	21 <i>WEIGHTS</i>	22	23 <i>WEIGHTS</i>	24 <i>WEIGHTS</i>	25
26	27 <i>WEIGHTS</i>	28 <i>WEIGHTS</i>	29	30 <i>WEIGHTS</i>		

# July 2011

WEIGHT ROOM HOURS 5:30 AM to 7:30 AM or 8:00 AM to 10:00 AM CHOOSE 1 SESSION per DAY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 WEIGHTS	2 DEAD PERIOD
3 DEAD PERIOD	4 DEAD PERIOD	5 DEAD PERIOD	6 DEAD PERIOD	7 DEAD PERIOD	8 DEAD PERIOD	9 DEAD PERIOD
10 DEAD PERIOD	11 WEIGHTS	12 WEIGHTS	13	14 WEIGHTS	15 WEIGHTS	16
17	18 WEIGHTS	19 WEIGHTS	20	21 WEIGHTS	22 WEIGHTS	23
24	25	26	27	28	29	30
	<b>JAGUAR FOOTBALL CAMP COST: \$65</b> <b>VARSAITY 7am—10am</b> <b>FRESHMAN 10:30 am—Noon</b>					
31						

# August 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>
<i>7 MANDATORY PARENT MEETING PAC 7pm</i>	<i>8 1ST DAY OF PRACTICE 6:00am—11:00am</i>	<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>
<i>14</i>	<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>
<i>21</i>	<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i>
<i>28</i>	<i>29</i>	<i>30</i>	<i>31</i>			