

May 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23 <i>SR Max ALL LIFTS JR NONE SO NONE</i>	24 <i>SR 40, Vert, Shuttle JR Max ALL LIFTS SO NONE</i>	25 <i>SR 3:45 Equipment JR 40, Vert, Shuttle SO Max ALL LIFTS</i>	26 <i>SR NONE JR Equipment SO 40, Vert, Shuttle</i>	27 <i>SR NONE JR NONE SO Equipment</i>	28
29	30 <i>MEMORIAL DAY</i>	31 <i>CAMP After school 2:45pm-6pm</i>				

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 80% ATTENDANCE 18/22 DAYS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>CAMP</i> <i>After school</i> 2:45pm-6pm	2 <i>CAMP</i> <i>After school</i> 2:45pm-6pm	3 <i>CAMP</i> <i>After school</i> 2:45pm-6pm	4 <i>CAMP</i> 7:00am-10:00 <i>Freshman wt room</i> <i>Orientation 10:30am</i>
5	6 <i>WEIGHTS</i> <i>Little League Camp</i> <i>LLC 10:30—12:30</i>	7 <i>WEIGHTS</i> <i>OL/DL 4pm-5pm</i> <i>Skelly practice from 4pm-5pm at South</i> <i>SKELLY LEAGUE</i> <i>LLC 10:30—12:30</i>	8 <i>PRACTICE</i> 7am—10am <i>LLC 10:30—12:30</i>	9 <i>TEAM CAMP AT</i> <i>SOUTH</i> 2pm—7pm	10 <i>TEAM CAMP AT</i> <i>SOUTH</i> 2pm—7pm	11
12	13 <i>WEIGHTS</i>	14 <i>WEIGHTS</i> <i>OL/DL 4pm-5pm</i> <i>Skelly practice from 4pm-5pm at South</i> <i>SKELLY LEAGUE</i>	15	16 <i>WEIGHTS</i> <i>Ind D 10:30-11:15</i> <i>Ind O 11:15-noon</i>	17 <i>WEIGHTS</i>	18
19	20 <i>WEIGHTS</i>	21 <i>WEIGHTS</i> <i>OL/DL 4pm-5pm</i> <i>Skelly practice from 4pm-5pm at South</i> <i>SKELLY LEAGUE</i>	22	23 <i>WEIGHTS</i> <i>Ind D 10:30-11:15</i> <i>Ind O 11:15-noon</i>	24 <i>WEIGHTS</i>	25
26	27 <i>WEIGHTS</i>	28 <i>WEIGHTS</i> <i>OL/DL 4pm-5pm</i> <i>Skelly practice from 4pm-5pm at South</i> <i>SKELLY LEAGUE</i>	29	30 <i>WEIGHTS</i> <i>Ind D 10:30-11:15</i> <i>Ind O 11:15-noon</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 80% ATTENDANCE 18/22 DAYS

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 Ind D 10:30-11:15 Ind O 11:15-noon	13	14 WEIGHTS Ind D 10:30-11:15 Ind O 11:15-noon	15 WEIGHTS	16
17	18 WEIGHTS	19 WEIGHTS Ind D 10:30-11:15 Ind O 11:15-noon	20	21 WEIGHTS Ind D 10:30-11:15 Ind O 11:15-noon	22 WEIGHTS	23
24	25	26	27	28	29	30
	JAGUAR FOOTBALL CAMP COST: \$65 Varsity 7am—10am FRESHMAN 10:30 am—Noon					
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 In the PAC</i>	<i>8 FIRST DAY of PRACTICE 5:30—NOON</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>			