

# May 2010

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	24 2:40 pm SR Max SQ/BCH JR 40's/Vertical SO NONE	25 2:40 pm SR Max PP/PC JR Max SQ/BCH SO 40's/Vertical	26 2:40 pm SR 40's/Vert/Equip JR Max PP/PC SO Max SQ/BCH	27 2:40 pm SR NONE JR Equip SO Max PP/PC	28 2:40 pm SR NONE JR NONE SO Equip	29
30	31 MEMORIAL DAY					

# June 2010

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 19/24 DAYS

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

# July 2010

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 19/24 DAYS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<i>1 WEIGHTS</i> <i>Ind D 10:30-11:15</i> <i>Ind O 11:15-noon</i> <i>LB, S</i> <i>OL, RB, QB</i>	<i>2 WEIGHTS</i>	<i>3 DEAD PERIOD</i>
<i>4 DEAD PERIOD</i>	<i>5 DEAD PERIOD</i>	<i>6 DEAD PERIOD</i>	<i>7 DEAD PERIOD</i>	<i>8 DEAD PERIOD</i>	<i>9 DEAD PERIOD</i>	<i>10 DEAD PERIOD</i>
<i>11 DEAD PERIOD</i>	<i>12 WEIGHTS</i>	<i>13 WEIGHTS</i> <i>Ind D 10:30-11:15</i> <i>Ind O 11:15-noon</i> <i>LB, S</i> <i>OL, RB, QB</i>	<i>14</i>	<i>15 WEIGHTS</i> <i>Ind D 10:30-11:15</i> <i>Ind O 11:15-noon</i> <i>LB, S</i> <i>OL, RB, QB</i>	<i>16 WEIGHTS</i>	<i>17</i>
<i>18</i>	<i>19 WEIGHTS</i>	<i>20 WEIGHTS</i> <i>Ind D 10:30-11:15</i> <i>Ind O 11:15-noon</i> <i>LB, S, CB</i> <i>OL, RB, QB, REC</i>	<i>21</i>	<i>22 WEIGHTS</i> <i>Ind D 10:30-11:15</i> <i>Ind O 11:15-noon</i> <i>LB, S, CB</i> <i>OL, RB, QB, REC</i>	<i>23 WEIGHTS</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>
	<b>JAGUAR FOOTBALL CAMP COST: \$65</b> <b>VARSIITY 7am—10am</b> <b>FRESHMAN 10:30 am—Noon</b>					

# August 2010

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