

August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Dead Week	2 Dead Week	3 Dead Week	4 Dead Week	5 Dead Week	6 Dead Week	7 Dead Week
8	9 *** Coach Vallerga And Shulz - Park and Rec. Camp Players needed, Weight lifting 9am-10:30, Sr. gear	10 Park and Rec. Camp Players needed Morning weight lifting 9am-10:30, Jr. gear passed out 9:00am	11 Park and Rec. Camp Players needed Morning weight lifting 9am-10:30, Soph. gear 9:00am	12 Park and Rec. Camp Players needed Morning weight lifting 9am-10:30	13 Morning weight lifting 9am- 10:30	14
15 *** Coaches meeting 2pm in the stadium	16 *** Coach Davis Morning weight lifting 9am-10:30 Cougar Camp 3:00pm Paperwork for football must be in by Aug. 22	17 Morning weight lifting 9am-10:30 Cougar Camp 3:00pm	18 Morning weight lifting 9am-10:30 Cougar Camp 3:00pm Paperwork for football must be in by Aug. 22	19 Morning weight lifting 9am-10:30 Cougar Camp 3:00pm	20 Morning weight lifting 9am-10:30 Cougar Camp 3:00pm	21 ****All paperwork for football must be in by Aug. 22nd
22 *** Gold Cards This Week	23 *** Daily Doubles Weights 8am – 9am Practice 9:15-11:45am Practice 3-5:30pm Gold Cards coach mtg. 8:30am, players 12pm	24 Daily Doubles Weights 8am – 9am Practice 9:15am – 11:45pm Practice 3pm – 5:30pm	25 Daily Doubles Weights 8am – 9am Practice 9:15am – 11:45pm Practice 3pm – 5:30pm	26 Daily Doubles Weights 8am – 9am Practice 9:15am – 11:45pm Practice 3pm – 5:30pm	27 Daily Doubles Weights 8am – 9am Practice 9:15am – 11:45pm Practice 3pm – 5:30pm	28 Team Pictures Red /Black Game – BBQ at 3:15
29	30 *** Weights 2pm, practice at 3:00pm Gold Card Blitz 10am - 1pm, money turn in 1pm	31 Weights 2pm, practice at 3:00pm				

September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Weights 2pm, practice at 3:00pm	2 Practice 3:00pm	3 *** First Game – Eagle Point	4
5	6 *** All coaches meet at 3:00, Offense at 2:00, Varsity weights at 4:00, film at 5:00, Practice 6-8pm	7 Weights 2pm, practice at 3:15pm	8 Practice 3:15	9 Practice 3:15	10 Game	11
12 *** Coaches meetings Weights 5:00, film 5:30, Dinner 6:00	13 Practice 3:15	14 Practice 3:15	15 Practice 3:15	16 Practice 3:15	17	18
19	20	21	22	23	24	25
26	27	28	29	30		