



GET IT DONE PHILOSOPHY: F...S...A...I...H...P



August 2010 (updated 26 Aug 10)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 NO CONTACT PERIOD	2 NO CONTACT PERIOD	3 NO CONTACT PERIOD	4 NO CONTACT PERIOD	5 NO CONTACT PERIOD	6 NO CONTACT PERIOD	7 NO CONTACT PERIOD
8 NO CONTACT PERIOD	9 VARSITY & JV ONLY LIFTING 8-10	10 VARSITY & JV ONLY LIFTING 8-10	11 1 st Day of Practice SEE BELOW FOR DETAIL	12 V/JV/F: 8-11 & 3-6	13 V/JV/F: 8-11 & 3-6	14 V/JV/F: 8-11 & 3-6
15	16 V/JV/F: 8-11 & 3-6	17 V: lift at 1:00 JV: lift at 1:45 F: lift at ??? V/JV/F: 3-6	18 V/JV/F: 8-11 & 3-6	19 V: lift at 1:00 JV: lift at 1:45 F: lift at ??? V/JV/F: 3-6	20 V/JV/F: 8-11 & 3-6	21 Intrasquad Scrimmage
22	23 V/JV: 8-11 & 3-6 PICTURE DAY: V: 8:00 JV: 8:30 F: 9:00	24 V: lift at 1:00 JV: lift at 1:45 V/JV: 3-6	25 V/JV: 8-11 & 2-4	26 V: lift at 1:00 JV: lift at 1:45 V/JV: 3-6	27 All Levels Scrimmage vs. Oceanside at TP JV/F: 5 pm V: 7 pm	28 V: 8-10 (new)
29	30 V: 8-11 (new)	31 1 st Day of School	<ul style="list-style-type: none"> • Mon 6 Sep (Labor Day) – Varsity 8-11 (new) 			