

June 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i> Attitude Week: 6:00-8:30a.m.	<i>2</i> Attitude Week: 6:00-8:15a.m. Youth Camp: 9:00-Noon	<i>3</i> Attitude Week: 6:00-8:15a.m. Youth Camp: 9:00-Noon	<i>4</i> Attitude Week: 6:00-8:15a.m. Youth Camp: 9:00-Noon	<i>5</i> Attitude Week: 6:00-8:15a.m. Youth Camp: 9:00-Noon	<i>6</i>
<i>7</i>	<i>8</i> Lift and Condition 7:00-9:00 5:30-7:30	<i>9</i> Lift and Condition 7:00-9:00 5:30-7:30	<i>10</i>	<i>11</i> Lift and Condition 7:00-9:00 5:30-7:30	<i>12</i> Lift and Condition 7:00-9:30	<i>13</i>
<i>14</i>	<i>15</i> Lift and Condition 7:00-9:00 5:30-7:30 ** OLine 9-10	<i>16</i> Lift and Condition 7:00-9:00 5:30-7:30 ** OLine 9-10	<i>17</i>	<i>18</i> Lift and Condition 7:00-9:00 5:30-7:30 ** OLine 9-10	<i>19</i> Lift and Condition 7:00-9:30	<i>20</i>
<i>21</i>	<i>22</i> Lift and Condition 7:00-9:00 5:30-7:30	<i>23</i> Lift and Condition 7:00-9:00 5:30-7:30	<i>24</i>	<i>25</i> Lift and Condition 7:00-9:00 5:30-7:30	<i>26</i> Lift and Condition 7:00-9:30	<i>27</i>
<i>28</i>	<i>29</i> Lift and Condition 7:00-9:00 5:30-7:30	<i>30</i> Lift and Condition 7:00-9:00 5:30-7:30				

July 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 OFF	2 Lift and Condition: 7:00-9:00a.m. 5:30-7:30p.m. ** OLine 9-10	3 Fourth of July Special: 7:00-9:30	4
5	6 Lift and Condition: 7:00-9:00a.m. 5:30-7:30p.m.	7 Lift and Condition: 7:00-9:00a.m. 5:30-7:30p.m. ** OLine 9-10	8 OFF	9 Lift and Condition: 7:00-9:00a.m. 5:30-7:30p.m. ** OLine 9-10	10 Lift and Condition: 7:00-9:30	11
12	13 Helmet and Shoulder Pads=1:00 Defensive Camp: 3:00-8:00	14 Defensive Camp: 2:00-8:00	15 Defense Camp: 2:00-8:00	16 Defense Camp: 2:00-8:00	17 OFF	18
19	20 Lift and Condition: 7:00-9:00a.m. 5:30-7:30p.m.	21 Lift and Condition: 7:00-9:00a.m. 5:30-7:30p.m. ** OLine 9-10	22 OFF	23 Lift and Condition: 7:00-9:00a.m. 5:30-7:30p.m. ** OLine 9-10	24 Lift and Condition: 7:00-9:30	25
26	27 Offensive Camp: 2:00-8:00	28 Offensive Camp: 2:00-8:00	29 Offensive Camp: 2:00-8:00 7 on 7	30 Offensive Camp: 2:00-8:00	31 Competition Madness: 8:00-3:00 Picture Day! Equipment Pass out!	

August 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Car Wash 10:00-2:00
2	3 Two-A-Day #1 7:15-4:00	4 Two-A-Day #2 7:15-4:00	5 Two-A-Day #3 7:15-4:00	6 Two-A-Day #4 7:15-4:00	7 Two-A-Day #5 7:15-4:00	8 Two-A-Day #6 7:15-4:00
9	10 Two-A-Day #7 7:15-4:00	11 Two-A-Day #8 7:15-4:00	12 Two-A-Day #9 7:15-4:00	13 Two-A-Day #10 7:15-4:00	14 Two-A-Day #11 7:15-3:00 Meet the Team!!	15 Dublin Scioto Scrimmage: 9:00a.m.
16	17 Two-A-Day #12 7:15-4:00	18 Two-A-Day #13 7:15-4:00	19 Two-A-Day #14 7:15-4:00	20 Two-A-Day #15 7:15-4:00	21 Newark Scrimmage Home: JV's 6:00 Varsity=7:00	22 Films/Condition/Lift
23	24 Game Week 2:30-7:00	25 First Day of School 3:30-7:00	26 Regular Schedule 3:30-7:00	27 Regular Schedule 3:30-7:00	28 Regular Schedule 3:30-7:00	29 Westerville South(H) @OSU 3:00
30	31 Regular Schedule 3:30-7:00					