

May 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1: Lifting: 2:30-4:00	2: Lifting: 2:30-4:00. 8 th Grade Workout: 3:15-4:45	3: Lifting: 2:30-4:00	4: Lifting: 2:30-4:00	5
6	7: Lifting: 2:30-4:00. 8 th Grade Workout: 3:15-4:45	8: Lifting: 2:30-4:00	9: Lifting: 2:30-4:00. 8 th Grade Workout: 3:15-4:45	10: Lifting: 2:30-4:00	11: HALF DAY. Lifting: 12:15-1:30	12
13 Mother's Day	14: Lifting: 2:30-4:00. 8 th Grade Workout: 3:15-4:45	15: Lifting: 2:30-4:00	16: Lifting: 2:30-4:00. 8 th Grade Workout: 3:15-4:45	17: Lifting: 2:30-4:00	18: Lifting: 2:30-4:00	19
20	21: Lifting: 2:30-4:00. 8 th Grade Workout: 3:15-4:45	22: Lifting: 2:30-4:00	23: Lifting: 2:30-4:00. 8 th Grade Workout: 3:15-4:45	24: Lifting: 2:30-4:00	25: OFF	26
27	28: OFF Memorial Day	29 Varsity Testing	30: TESTING: 2:30-4:00. 8 th Grade Workout: 3:15-4:45	31 Make-Up Testing		

June 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 OFF	2
3	4: Lifting 2:30-4:00 pm 8 th Grade Workout: 3:15-4:45	5 Lifting 2:30-4:00 pm	6 Lifting 2:30-4:00 pm 8 th Grade Workout: 3:15-4:45	7 Half Day Lifting 12:15-1:30 pm	8 Half Day Lifting 12:15-1:30 pm	9
10	11 Half Day NO LIFTING Mini Camp: 3:00-5:30 pm	12 Half Day NO LIFTING Mini Camp: 3:00-5:30 pm	13 Half Day NO LIFTING Mini Camp: 3:00-5:30 pm	14 Half Day OFF	15 Half Day OFF Last Day of School	16
17	18 Lifting: 5:00 – 6:00 pm Practice: 6:30- 8:00 pm	19 Lifting: 5:00 – 6:00 pm	20 Practice: 6:30- 8:00 pm	21 Lifting: 5:00 – 6:00 pm	22 OFF	23
24	25 Lifting: 5:00 – 6:00 pm Practice: 6:30- 8:00 pm	26: Lifting: 5:00 – 6:00 UBI Speed Workout: 6:30 – 7:30PM	27 Practice: 6:30- 8:00 pm	28: Lifting: 5:00 – 6:00 UBI Speed Workout: 6:30 – 7:30PM	29 OFF	30

July 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Lifting: 5:00 – 6:00 pm Practice: 6:30- 8:00 pm	3 UBI Speed Workout 6:30-7:30PM	4 OFF	5: Lifting: 5:00-6:00 pm UBI Speed Workout 6:30-7:30PM	6 OFF	7
8	9 Lifting: 5:00 – 6:00 pm Practice: 6:30- 8:00 pm	10 UBI Speed Workout 6:30-7:30PM	11 Lifting: 5:00 – 6:00 pm Practice: 6:30- 8:00 pm	12 UBI Speed Workout 6:30-7:30PM	13 OFF	14
15	16 Lifting: 5:00 – 6:00 pm Practice: 6:30- 8:00 pm	17 UBI Speed Workout 6:30-7:30PM	18 Lifting: 5:00 – 6:00 pm Practice: 6:30- 8:00 pm	19 UBI Speed Workout 6:30-7:30PM	20 OFF	21 TBA 7 on 7 @ Williamstown HS: 9 am – 2 pm
22	23 Rowan Camp 9am – 4 pm	24 Rowan Camp 9am – 4 pm	25 OFF	26 Lifting: 5:00 – 6:00 pm	27 OFF	28
29	30 Lifting: 5:00 – 6:00 pm Practice: 6:30- 8:00 pm	31 UBI Speed Workout 6:30-7:30PM				

August 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Lifting: 5:00 – 6:00 pm Practice: 6:30- 8:00 pm	2: UBI Speed Workout: 6:30-7:30 PM Pre Sale of Braves Cards 5 pm	3 OFF	4
5	6 Lifting: 5:00 – 6:00 pm Practice: 6:30- 8:00 pm	7 Practice: 6:30 – 8:00 pm	8 Lifting: 5:00 – 6:00 pm Practice: 6:30- 8:00 pm	9 Blitz: 5 – 8 pm	10 OFF	11
12	13 OFF	14 OFF	15 CAMP: 9 - 10:30 AM 1:30 pm – 3 PM	16 CAMP: 9 -11 AM 1:30 pm – 3:30 PM	17 CAMP: 9 - 10:30 AM 1:30 pm – 3 PM	18 CAMP: 9 -11 AM 1:30 pm – 3:30 PM
19	20 CAMP: 9 -11 AM 1:30 pm – 3:30 PM	21 CAMP: 9 -11 AM 1:30 pm – 3:30 PM	22 Scrimmage vs. Mainland 7 pm	23 Films 9 -10 AM Practice: 10:30am – 12 pm	24 CAMP: 9 -11 AM	25 Scrimmage at. EHT 12 pm (TRI scrimmage W / RV)
26	27 CAMP: 9 -11 AM	28 CAMP: 9 -11 AM	29 CAMP: 9 -11 AM	30 CAMP: 9 -11 AM	31 Scrimmage vs. Seneca 7 pm	