

## July 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7 Conditioning 8:30-9:30 AM HS Track	8 Conditioning 8:30-9:30 AM HS Track	9 Conditioning 8:30-9:30 AM HS Track	10 Conditioning 8:30-9:30 AM HS Track	11 Contact Day 1 Perrysburg Tournament
12 Contact Day 2 Perrysburg Tournament	13	14 Conditioning 8:30-9:30 AM HS Track	15 Conditioning 8:30-9:30 AM HS Track	16 Conditioning 8:30-9:30 AM HS Track	17 Contact Day 3 Lost Nation Tournament	18 Contact Day 4 Lost Nation Tournament
19 Contact Day 5 Lost Nation Tournament	20	21 Conditioning 8:30-9:30 AM HS Track	22 Conditioning 8:30-9:30 AM HS Track	23 Conditioning 8:30-9:30 AM HS Track	24 Contact Day 6 Strongsville Tournament	25 Contact Day 7 Strongsville Tournament
26 Contact Day 8 Strongsville Tournament	27	28 Conditioning 8:30-9:30 AM HS Track	29 <b>updated</b> Practice 8:30-11:30 AM	30 <b>updated</b> Practice 8:30-11:30 AM	31 <b>updated</b> Practice 8:30-11:30 AM	

# August 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Conditioning 8:30-9:30 AM HS Track	5 Conditioning 8:30-9:30 AM HS Track	6 Conditioning 8:30-9:30 AM HS Track	7 Conditioning 8:30-9:30 AM HS Track	8
9	10 Practice 8:30-11:00 12:30-3:00	11 Practice 8:30-11:00 12:30-3:00	12 Scrimmage @ Walsh 5/5	13 Practice 8:30-11:00	14 Scrimmage @ Jackson 7/7	15
16	17 Practice 8:30-11:00 12:30-3:00	18 Practice 8:30-11:00 12:30-3:00	19 Scrimmage @ Hoban 5/7	20 Practice 8:30-11:00 12:30-3:00	21 Practice 8:30-11:00	22 Scrimmage @ Lake 5/7
23	24 Begin daily afternoon practice @ 3:00	25 Regular Season @ Copley 5/7	26	27	28	29 Nordia 5/7
30	31					