

February 2010 TROJAN FOOTBALL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Weights 3-4:30	2 Speed/Agility 3-4:30	3 Weights 2-3:30	4 Speed/Agility 3-4:30	5 Weights 3-4:30	6
7	8 Weights 3-4:30	9 Speed/Agility 3-4:30	10 Weights 2-3:30 <u>PARENT CLUB MEETING 7PM</u>	11 Speed/Agility 3-4:30	12 Weights 3-4:30	13
14	15 NO SCHOOL NO WORKOUTS!	16 Speed/Agility 3-4:30	17 Weights 2-3:30	18 Speed/Agility 3-4:30	19 Weights 3-4:30	20
21	22 Weights 3-4:30	23 Speed/Agility 3-4:30	24 Weights 2-3:30	25 Speed/Agility 3-4:30	26 Weights 3-4:30	27
28				Remember—schedule is always subject to change!!! -If your player is going to miss a workout, please let a coach know.		

March 2010 TROJAN FOOTBALL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Weights 3-4:30	2 Speed/Agility 3-4:30	3 Weights 2-3:30	4 Speed/Agility 3-4:30	5 Weights 3-4:30	6
7	8 Weights 3-4:30	9 Speed/Agility 3-4:30	10 Weights 2-3:30 <u>PARENT CLUB</u> <u>MEETING 7PM</u>	11 Speed/Agility 3-4:30	12 Weights 3-4:30	13
14	15 Weights 3-4:30	16 Speed/Agility 3-4:30	17 Weights 2-3:30	18 Speed/Agility 3-4:30	19 Weights 3-4:30	20
21	22 Weights 3-4:30	23 Speed/Agility 3-4:30 Discount Cards Passed Out This Week	24 Weights 2-3:30	25 Speed/Agility 3-4:30	26 START OF SPRING BREAK	27
28	29 SPRING BREAK	30 SPRING BREAK	31 SPRING BREAK	HAVE FUN....BE SAFE!		

April 2010 TROJAN FOOTBALL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 SPRING BREAK	2 SPRING BREAK	3 SPRING BREAK
4 SPRING BREAK	5 Weights 3-4:30 STUDENTS RETURN	6 Speed/Agility 3-4:30	7 Weights 2-3:30	8 Speed/Agility 3-4:30	9 Weights 3-4:30	10
11	12 Weights 3-4:30	13 Speed/Agility 3-4:30	14 Weights 2-3:30	15 Speed/Agility 3-4:30	16 Weights 3-4:30	17 Proposed Pizza Sale Date
18	19 Weights 3-4:30 SOS Skills Camp CGHS 7:30pm	20 Speed/Agility 3-4:30 SOS Lineman/RB/LB CGHS 7:30pm	21 Weights 2-3:30 <u>PARENT CLUB MEETING 7PM</u>	22 Speed/Agility 3-4:30	23 Weights 3-4:30	24
25	26 Weights 3-4:30 SOS Skills Camp CGHS 7:30pm	27 Speed/Agility 3-4:30 SOS Lineman/RB/LB CGHS 7:30pm	28 Weights 2-3:30	29 Speed/Agility 3-4:30	30 Weights 3-4:30 DISCOUNT CARD MONEY DUE	

May 2010 TROJAN FOOTBALL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Weights 3-4:30 SOS Skills Camp CGHS 7:30pm	4 5:30pm – 8:00pm Physicals @ CGMSN Speed/Agility 3-4:30 SOS Lineman/RB/LB CGHS 7:30pm	5 Weights 2-3:30	6 Speed/Agility 3-4:30	7 No school – possible snow make-up day	8
9	10 Weights 3-4:30 SOS Skills Camp CGHS 7:30pm	11 Speed/Agility 3-4:30 SOS Lineman/RB/LB CGHS 7:30pm	12 Weights 2-3:30 <u>PARENT CLUB MEETING 7PM</u>	13 Speed/Agility 3-4:30 <u>Physicals offered @ CGHS 6:00pm</u>	14 Weights 3-4:30	15
16	17 Weights 3-4:30	18 Speed/Agility 3-4:30	19 Weights 2-3:30	20 Speed/Agility 3-4:30 BOYS TRACK SECTIONAL	21 Weights 3-4:30	22
23	24 Weights 3-4:30	25 Speed/Agility 3-4:30	26 Weights 2-3:30	27 BOYS TRACK REGIONAL	28 CGHS GRADUATION	29
30	31 MEMORIAL DAY	Weights/running 7am-9am				

June 2010 TROJAN FOOTBALL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MEMORIAL DAY	1 Weight Lifting/Pro Pad Practice 7-10am 7-8-9 GR Wing T/Pro Pad Camp 9:30-12:30	2 7-8-9 GR Wing T/Pro Pad Camp 9:30-12:30	3 Weights/running 7am-9am 7-8-9 GR Wing T/Pro Pad Camp 9:30-12:30	4 Weight Lifting/Pro Pad Practice 7-10am 7-8-9 GR Wing T/Pro Pad Camp 9:30-12:30	5 BOYS STATE TRACK FINAL
6	7 Weights/running 7am-9am	8 Weight Lifting/Pro Pad Practice 7-10am	9 1-day Ball State- sponsored High School Camp 8am-8pm CGHS Spring Athletic Award Program 6:30	10 Weights/running 7am-9am	11 Weight Lifting/Pro Pad Practice 7-10am	12
13 IU CAMP	14 IU CAMP	15 IU CAMP	16 <u>PARENT CLUB</u> <u>MEETING 7PM</u> 4-5-6 GR Wing T/Pro Pad Camp 9:30-12:30	17 4-5-6 GR Wing T/Pro Pad Camp 9:30-12:30	18 4-5-6 GR Wing T/Pro Pad Camp 9:30-12:30	19 CG 7 ON 7 TOURNEY
20	21 Weights/running 7am-9am	22 Weight Lifting/Pro Pad Practice 7-10am	23	24 Weights/running 7am-9am	25 Weight Lifting/Pro Pad Practice 7-10am	26
27	28 MORATORIUM WEEK BEGINS	29 MORATORIUM WEEK	30 MORATORIUM WEEK			

July 2010 TROJAN FOOTBALL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MIKE CARWASH COUPONS PASSED OUT THIS MONTH!!!				1 MORATORIUM WEEK	2 MORATORIUM WEEK	3 MORATORIUM WEEK
4 MORATORIUM WEEK	5 Weights/running 7am-9am <u>Bantam Camp 2-3GR</u> 5-6:30 <u>Bantam Camp 4-6GR</u> 7-8:30	6 Weight Lifting/Pro Pad Practice 7-10am <u>Bantam Camp 2-3GR</u> 5-6:30 <u>Bantam Camp 4-6GR</u> 7-8:30	7 <u>Bantam Camp 2-3GR</u> 5-6:30 <u>Bantam Camp 4-6GR</u> 7-8:30	8 Weights/running 7am-9am <u>Bantam Camp 2-3GR</u> 5-6:30 <u>Bantam Camp 4-6GR</u> 7-8:30	9 Weight Lifting/Pro Pad Practice 7-10am	10
11	12 Weights/running 7am-9am	13 Weight Lifting/Pro Pad Practice 7-10am	14 <u>PARENT CLUB MEETING 7PM</u>	15 Weights/running 7am-9am	16 Weight Lifting/Pro Pad Practice 7-10am	17
18	19 Weights/running 7am-9am	20 Weight Lifting/Pro Pad Practice 7-10am	21	22 Weights/running 7am-9am	23 Weight Lifting/Pro Pad Practice 7-10am	24 Middle School 7 on 7 Tourney
25	26 Max outs	27 Max outs	28 OFF	29 OFF	30 OFF	31

August 2010 TROJAN FOOTBALL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 PHYSICALS MUST BE TURNED IN BY NOW!!!!	2 2XDAYS	3 2XDAYS	4 2XDAYS 1st contact practice	5 2XDAYS	6 2XDAYS	7 RED/WHITE SCRIMMAGE Bantam Opening Day
8	9 2XDAYS	10 2XDAYS	11 2XDAYS	12 2XDAYS	13 SCRIMMAGE	14 FRESHMEN/JV SCRIMMAGE
15	16	17 FIRST DAY FOR STUDENTS	18 <u>PARENT CLUB MEETING 7PM</u>	19	20 Opening game	21
22	23	24	25 <u>PARENT CLUB MEETING 7PM</u>	26	27	28
29	30	31				

September 2010 TROJAN FOOTBALL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

October 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	