

# August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 5:00pm  Equipment hand-out	6 4:00-7:00 Helmet, Mouthguard, shorts	7 - WR 4:00-7:00 Helmet, Mouthguard, shorts	8 - WR 4:00-7:00 Helmet, mouthguard, shoulderpads, girdles, shorts	9 4:00-7:00 Helmet, mouthguard, shoulderpads, girdles, shorts	10 - WR 8:00-11:00 Helmet, mouthguard, shoulderpads, girdles, shorts
11 Rest	12 4:00-7:00 Full pads→	13 4:00-7:00 WR	14 4:00-7:00	15 4:00-7:00 WR	16 4:00-7:00	17 Scrimmage
18 Rest	19 4:00-6:30 Film WR	20 4:00-6:30	21 4:00-6:30 WR	22 4:00-5:45	23 -Game 7:00pm Prairie Farm (H)	24 Rest
25 4:00-5:30 Weight Room	26 4:00-6:30 Film	27 4:00- 6:30 WR	28 4:00-5:45	29 Game 6:00pm @ Bruce	30 Rest	31 9:00-10:30 "fun" day

WR=Weight Room

# September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Rest	2 - <b>Labor Day</b> 4:00-5:30 Weight room	3 - <b>School starts</b> 4:00-6:30 Film	4 4:00-6:30 WR	5 4:00-6:15	6 4:00-5:45	7 - <b>Game @Mercer</b> 1:00pm
8 Rest	9 4:00-6:30 Film WR	10 4:00-6:15	11 4:00-6:30 WR	12 4:00-5:30	13 - <b>Game Winter (H)</b> 7:00pm	14 Rest
15	16 4:00-6:30 Film WR	17 4:00-6:15	18 4:00-6:30 WR	19 4:00-5:30	20 - <b>Game Shell Lake (H)</b> 7:00pm	21 Rest
22	23 4:00-6:30 Film WR	24 4:00-6:15	25 4:00-6:30 WR	26 4:00-5:30	27 - <b>Game @Mellen</b> 4:00pm	28 Rest
29	30 4:00-6:30 Film WR					

WR=Weight Room

# October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 4:00-6:30 Film	2 4:00-6:30 WR	3 4:00-6:15	4- Game Northwood (H) 7:00pm	5 Rest
6 Rest	7 4:00-6:30 Film WR	8 4:00-6:15	9 4:00-6:30 WR	10 4:00-5:30	11 - Game New Auburn (H) 7:00pm	12 Rest
13	14 4:00-6:30 Film WR	15 4:00-6:15	16 4:00-6:30 WR	17 4:00-5:30	18 - Game @ Siren 7:00pm	19 Rest
20	21	22	23	24		26
27	28	29	30	31		

WR=Weight Room