

# May 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> *FIRST DAY OF HS SPRING PRACTICE 8:30 to 11:30 a.m. Helmets
<b>2</b>	<b>3</b> *PRACTICE # 2 4 to 6 p.m. Helmets *FIRST DAY OF <u>MS PRACTICE</u> BOOSTER CLUB 6:30 p.m.	<b>4</b> *PRACTICE # 3 4 to 6 p.m. Helmets	<b>5</b> *PRACTICE # 4 4 to 6 p.m. Full Pads  FOOTBALL NITE @ Beef 'O' Brady's	<b>6</b> *PRACTICE # 5 4 to 6 p.m. Full Pads	<b>7</b> *PRACTICE # 6 4 to 6 p.m. Full Pads	<b>8</b> *PRACTICE # 7 Scrimmage Cape Canaveral Park 5:30 to 7 p.m.
<b>9</b>	<b>10</b> *PRACTICE # 8 4 to 6 p.m. Full Pads  BOOSTER CLUB 6:30 p.m.	<b>11</b> *PRACTICE # 9 4 to 6 p.m. Full Pads	<b>12</b> *PRACTICE # 10 4 to 6 p.m. Full Pads	<b>13</b> *PRACTICE # 11 4 to 6 p.m. Full Pads	<b>14</b> *PRACTICE # 12 3:45 to 5 p.m. Uppers  GRADUATION	<b>15</b> RED, WHITE, & BLUE INTERSQUAD GAME Minutemen Stadium 6:30 p.m. Report @ 4:00
<b>16</b>	<b>17</b> *PRACTICE # 14 4 to 6 p.m. Full Pads BOOSTER CLUB 6:30 p.m.	<b>18</b> *PRACTICE # 15 4 to 6 p.m. Full Pads  EXAMS	<b>19</b> *PRACTICE # 16 4 to 6 p.m. Full Pads  EXAMS	<b>20</b> *PRACTICE # 17 4 to 5:30 p.m. Helmets  EXAMS	<b>21</b> SPRING GAME vs. Warner Christian Minutemen Stadium 7:30 p.m. LAST DAY / EXAMS	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
OFF WEEK (May 24-28)						
<b>30</b>	<b>31</b> FIRST DAY OF SUMMER WORKOUTS 9 to 11:30 a.m.					

# June 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 WORKOUT	2 FOOTBALL NITE @ Beef 'O' Brady's	3 WORKOUT	4 WORKOUT	5
6	7 WORKOUT	8 WORKOUT	9	10 WORKOUT	11 WORKOUT	12 Parking Lot Fundraiser 11 a.m. to 5 p.m.
13 Parking Lot Fundraiser 11 a.m. to 5 p.m.	14 WORKOUT Passing League 6 p.m. @ TBA	15 WORKOUT	16	17 WORKOUT	18 WORKOUT	19
YOUTH FOOTBALL CAMP 5 to 8 p.m.						
20	21 WORKOUT Passing League 6 p.m. @ TBA	22 WORKOUT	23	24 WORKOUT	25 WORKOUT	26
27	28 WORKOUT Passing League 6 p.m. @ TBA	29 WORKOUT	30 OFF DAYS			

# July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				OFF DAYS		
4	5 WORKOUT Passing League 6 p.m. @ TBA	6 WORKOUT	7 FOOTBALL NITE @ Beef 'O' Brady's	8 WORKOUT	9 WORKOUT	10
11	12 WORKOUT Passing League 6 p.m. @ TBA	13 WORKOUT	14	15 WORKOUT	16 WORKOUT	17 7 on 7 Passing Tournament Parking Lot Fundraiser 11 a.m. to 5 p.m.
18 Parking Lot Fundraiser 11 a.m. to 5 p.m.	19 WORKOUT Passing League 6 p.m. @ TBA	20 WORKOUT	21	22 STRENGTH TESTING BEGINS Height / Weight / Vertical / Bench	23 TESTING Squats	24
25	26 STRENGTH TESTING Power Cleans	27 STRENGTH TESTING Make-Ups COACHES MEETING 6 p.m. Organizational	28	29	30	31
			OFF DAYS			

# August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b> TEACHERS REPORT  Meet w/ On Campus Coaches After 1 p.m.	<b>3</b> SCHOOL REGISTRATION  Meet w/ Community Coaches 5 p.m.	<b>4</b> SCHOOL REGISTRATION  FOOTBALL NITE @ Beef 'O' Brady's	<b>5</b> TEACHER WORK DAY  Meet w/ On Campus Coaches After 1 p.m.  School Physicals 5:30p.m. in Gym	<b>6</b> TEACHER WORK DAY	<b>7</b>
<b>8</b>	<b>9</b> FIRST DAY OF SCHOOL	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>  *PRACTICE 9 to 11:30 a.m. Full Pads REPORT TIME 8 a.m.
	FIRST WEEK OF HIGH SCHOOL PRACTICE 4:10 to 6:10 p.m.					
	Helmets	Helmets	Helmets	Full Pads	Full Pads	
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
	FIRST WEEK OF MIDDLE SCHOOL PRACTICE 4:10 to 6:10 p.m.					
	Full Pads	Full Pads	Full Pads	Full Pads	Night Scrimmage Minutemen Stadium 7 p.m. w/ Officials	
<b>22</b>	<b>23</b> PRACTICE 4:10 to 6:10 p.m. Full Pads	<b>24</b> PRACTICE 4:10 to 6:10 p.m. Full Pads	<b>25</b> PRACTICE 4:10 to 6:10 p.m. Full Pads	<b>26</b> PRACTICE 7:30 to 8:15 a.m. Uppers in Gym	<b>27</b> KICKOFF CLASSIC vs. Holy Trinity Minutemen Stadium 7:30 p.m.	<b>28</b> Film/Trainer's Room Coaches @ 7:30 a.m. Players @ 9 a.m.
<b>29</b>	<b>30</b>					<b>CASINO NIGHT</b> 7 p.m. to Midnight