

August 2010

PERFORMANCE

sunday	monday	tuesday	wednesday	thursday	friday	saturday
1	2	3	4	5	6	7
	No Performance	No Performance	No Performance	No Performance	No Performance	
8	9	10	11	12	13	14
Off-Season - There will be no Speed/Agility training in August, If you are not playing a FALL sport you may lift during any of the team times listed below						
	Softball 11:30		Softball 11:30	Softball 11:30		
	JV/V Volleyball 1:30	JV/V Volleyball 1:30	JV/V Volleyball 1:30	JV/V Volleyball 1:30		
	V. Football 3:00			V. Football 3:00	V. Football 3:00	
	F/C Volleyball 4:00	F/C Volleyball 4:00	F/C Volleyball 4:00	F/C Volleyball 4:00		
	F. Football 5:20	F. Football 5:20	F. Football 5:20	F. Football 5:20		
	B. Soccer 6:30	B. Soccer 6:30	B. Soccer 6:30	B. Soccer 6:30		
15	16	17	18	19	20	21
Off-Season - There will be no Speed/Agility training in August, If you are not playing a FALL sport you may lift during any of the team times listed below						
	V. Football 7:30	V. Football 7:30	V. Football 7:30	V. Football 7:30		
		Volleyball TBD	Volleyball TBD	Volleyball TBD		
	JV/V Tennis 3:15	JV/V Tennis 3:15	JV/V Tennis 3:15	JV/V Tennis 3:15		
	F/C Tennis 4:15	F/C Tennis 4:15	F/C Tennis 4:15	F/C Tennis 4:15		
		Softball 5:15	Softball 5:15	Softball 5:15	Softball 5:15	
	F. Football 5:20	F. Football 5:20	F. Football 5:20	F. Football 5:20		
22	23	24	25	26	27	28
	School Begins					
	No Off-Season	No Off-Season	No Off-Season	No Off-Season	No Off-Season	
	Softball 3:15	Softball 3:15	Softball 3:15		Softball 3:15	
	B. Soccer 3:15	B. Soccer 3:15	B. Soccer 3:15	B. Soccer 3:15	B. Soccer 3:15	
	JV/V. Tennis 3:15	JV/V. Tennis 3:15	JV/V. Tennis 3:15	JV/V. Tennis 3:15	JV/V. Tennis 3:15	
	V. Football 3:50	V. Football 3:50	V. Football 3:50		F. Football 4:15	
	F/C Tennis 4:15	F/C Tennis 4:15	F/C Tennis 4:15	F/C Tennis 4:15	F/C Tennis 4:15	
	JV/V Volleyball 4:30	JV/V Volleyball 4:30	JV/V Volleyball 4:30	JV/V Volleyball 4:30	JV/V Volleyball 4:30	
	F/C Volleyball 5:00	F/C Volleyball 5:00	F/C Volleyball 5:00	F/C Volleyball 5:00	F/C Volleyball 5:00	
	Cross Country 5:30		Cross Country 5:00	V. Football 5:00		
	Cheer 5:00		Cheer 5:00			
	F. Football 5:30	F. Football 5:30	F. Football 5:30			
29	30	31				
	Off-Season Begins 3:15	Off-Season 3:15				
		Softball 3:15				
	B. Soccer 3:15	B. Soccer 3:15				
	F. Tennis 3:15	F. Tennis 3:15				
	V. Football 3:50	V. Football 3:50				
	JV/V. Tennis 4:15	JV/V. Tennis 4:15				
	JV/V Volleyball 4:30	JV/V Volleyball 4:30				
	F/C Volleyball 5:00	F/C Volleyball 5:00				
	Cross Country 5:00					
	Cheer 5:00					
	F. Football 5:30	F. Football 5:30				

NOTES