

June 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 EXAMS	5 EXAMS	6
7	8 EXAMS	9 EXAMS	10 LAST DAY OF SCHOOL	11 TEACHER WORKDAY	12	13
14 Summer Week #1 Workouts 8-11 AM	15 Summer #1 8:00-11:00 AM 7 ON 7 WORK- 6PM	16 Summer #2 8:00-11:00 AM 7 ON 7 WORK-6PM	17 Summer #3 8:00-11:00 AM SHS 7on7 8—10am	18 Summer #4 8:00-11:00 AM	19	20
21 Summer Break— Players workout / run on their own	22 Summer break WT ROOM open 10-11AM	23 Summer break WT ROOM open 10-11AM	24 Summer break WT ROOM open 10-11AM	25 Summer break WT ROOM open 10-11AM	26	27
28 Summer Break— Players workout / run on their own	29 Summer break	30 Summer break				

SPARTAN FOOTBALL

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July 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Summer break	2 Summer break	3 Summer break	4
5 Summer Week #2 8-11 AM Monday— Thursday	6 SUMMER#5 8-11am 7 ON 7 WORK 6PM	7 SUMMER #6 8-11am	8 SUMMER#7 8-11am SHS 7on7 8-10	9 SUMMER #8 8-11am 7 ON 7 WORK 6PM	10	11
12 Summer Week #3 8-11 AM Monday— Thursday	13 SUMMER #9 8-11 SHS 7on7 8-10AM	14 SUMMER #10 8-11am	15 SUMMER #11 8-11 SHS 7on7 8-10AM	16 SUMMER #12 8-11am	17	18
19 Summer Week 8-11 AM Monday— Thursday	20 SUMMER #13 8-11 SHS 7on7	21 SUMMER #14 8-11am	22 SUMMER #15 8-11am	23 Summer #16 8-11am	24 Varsity 7on7 at UNC	25 rest and relax
26 Players condition on your own—for the conditioning test FRIDAY!	27 Day off—rest and relax	28 Day off—rest and relax	29 SUMMER #17 8-11AM	30 SUMMER #18 8-11am Staff workday 11am until.	31 SUMMER #19 CONDITIONING TEST—UNDER THE LIGHTS! 8:30 PM (STADIUM)	

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August 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 PRACTICE #1 7:00 AM— NOON
2 Practices 7AM— Noon All week	3 PRACTICE #2 7:00 AM— NOON	4 PRACTICE #3 7:00 AM— NOON	5 PRACTICE #4 7:00 AM— NOON	6 PRACTICE #5 7:00 AM— NOON	7 PRACTICE #6 7:00 AM— NOON	8 PRACTICE #7 7AM—10 AM POT LUCK LUNCH KICKOFF
9 TWO-A- DAYS (SECOND PRACTICE VAR.ONLY)	10 PRACTICE 7AM-NOON PRACTICE #2 6-8 PM VARSITY ONLY	11 PRACTICE 7AM-NOON PRACTICE #2 6-8 PM VARSITY ONLY	12 PRACTICE 7AM-NOON Scrimmage at Har- nett Central 6:00 PM	13 PRACTICE 7AM-NOON PRACTICE #2 6-8 PM VARSITY ONLY	14 PICTURES a.m Scrimmage @ SHS Vs Scotland County 5:30	15
16 GAME WEEK	17 PRACTICE 4-8PM	18 PRACTICE 4-8PM	19 PRACTICE 4-8PM	20 VARSITY 4 PM JV@ATHENS 7:00PM	21 VARSITY VS.ATHENS 7PM	22
23 GAME WEEK	24 PRACTICE 4- 8PM	25 FIRST DAY OF SCHOOL PRACTICE	26 PRACTICE 3:25-6:30	27 VARSITY 3:30 JV VS.SE RA- LEIGH	28 VARSITY AT SE RALEIGH	29
30 GAME WEEK	31 PRACTICE 3:25-6:30					

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