



# August 2010-FRESHMEN



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <b>OFF</b> Week 8 (Summer) Maxes/Lift -a-thon	2 <b>OFF</b> Lift-a-thon pledges due <b>BY: Friday,</b> August 6th	3 <b>Maxes</b> 9-10:30 am or 5:30-7 Ht. wt. Bench	4 <b>Maxes</b> 9-10:30 am or 5:30-7 Dead lift, hang clean	5 <b>Maxes</b> 9-10:30 am or 5:30-7 Back Squat <b>Fall Athletic Forms &amp; Fees Night 6-8pm</b>	6 Combine Testing <b>Lift-a-thon Pledges Due</b>	7 <b>OFF</b>
8 <b>OFF</b>	9 <b>MANDATORY</b> Parent's Meeting 6:30 pm in NH Auditorium	10 <b>Equipment Freshmen</b> 9 AM Players meeting after gear hand out	11 <b>Practice</b> 3-6	12 <b>Practice</b> 3-6	13 <b>Practice</b> 3-6	14 Green/White Scrim- mage 10 am 6th Annual Gridiron fest @ Lynch's 3-11pm Football Fundraiser
15 <b>OFF</b>	16 <b>Practice</b> 3-6	17 <b>Practice</b> 3-6	18 <b>Practice</b> 3-6 Hand out Game gear	19 <b>Tentative</b> <b>*PICTURES*</b> ALL Levels @ 2 pm <b>Practice</b> 3-6 pm	20 <b>Practice</b> 3-6	21 <b>Practice</b> 9-Noon
22 <b>OFF</b>	23 <b>Practice</b> 3-6	24 <b>Practice</b> 3-6	25 <b>Practice</b> 3-6	26 <b>Scrimmage @</b> <b>Whitefish Bay</b> 2 pm	27 <b>Practice</b> 3-4:30	28 <b>Practice</b> 9-Noon
29 <b>OFF</b>	30 <b>Practice</b> 3-6	31 <b>Practice</b> 3-6				