



August 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 OFF Week 8 (Summer) Maxes/Lift –a-thon	2 OFF Lift-a-thon pledges due BY: Friday, August 6th	3 Maxes 9-10:30 am or 5:30-7 Ht. wt. Bench	4 Maxes 9-10:30 am or 5:30-7 Dead lift, hang clean	5 Maxes 9-10:30 am or 5:30-7 Back Squat Fall Athletic Forms & Fees Night 6-8pm	6 Combine Testing Lift-a-thon Pledges Due	7 OFF
8 OFF	9 MANDATORY Parent's Meeting 6:30 pm in NH Auditorium <u>Equipment</u> Seniors 2pm, Juniors 3pm Sophomores 4pm	10 Practice 2-7 pm	11 Practice 2-7 pm	12 Practice 2-7 pm	13 10-12 Grid Iron fest Set up Practice 2– 7 pm	14 Green/White Scrim- mage 10 am 6th Annual Gridiron fest @ Lynch's 3-11pm Football Fundraiser
15 OFF	16 Practice 2-7 pm	17 Practice 2-7 pm	18 Practice 2-7 pm	19 Tentative *PICTURES* ALL Levels @ 2 pm Practice 3-6 pm	20 Scrimmage @ Hale JV @ 9 AM Varsity @ 11:00 VS. Franklin, Slinger, Pewaukee	21 OFF Black & Blue team see Lisa
22 Voluntary Practice 3:30-5:00	23 Practice 3-6:15 pm	24 Practice 3-6:15 pm	25 Practice 3-6:15 pm	26 Script Practice 3-4:45 pm JV vs Arrowhead @ Home 6:45pm	27 Vs. Arrowhead @ AHS 7 pm	28 OFF Black & Blue team see Lisa
29 Voluntary Practice 3:30-5:00	30 Practice 3-6:15 pm	31 Practice 3-6:15 pm	Fall Athletic Forms & Fees Night Nathan Hale cafeteria 6-8pm. Thursday, July 22 & August 5, 2010			