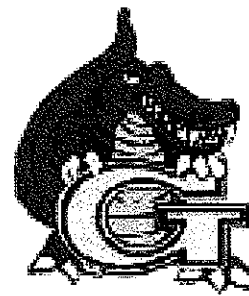
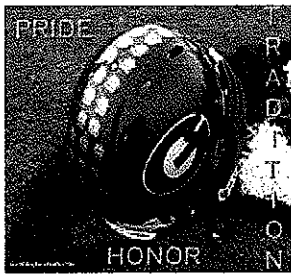


August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2	3	4	5	6	7
8	9 Voluntary Football Conditioning 6-9 PM	10 Voluntary Football Conditioning 6-9 PM	11 Voluntary Football Conditioning 6-9 PM	12 Voluntary Football Conditioning 6-9 PM	13 Voluntary Football Conditioning 6-9 PM	14
15	16 Mandatory Football Conditioning 6-9 PM	17 Mandatory Football Conditioning 6-9 PM	18 Mandatory Equipment Hand out 6-7 8 th grade 7-8 7 th grade	19 Mandatory Football Practice 6-9 PM Helmets and Shoulder Pads	20 Mandatory Football Practice 6-9 PM Helmets and Shoulder Pads	21
22	23 Mandatory Football Practice 6-9 PM Full Pads	24 Mandatory Football Practice 6-9 PM Full Pads	25 Mandatory Football Practice 6-9 PM Full Pads	26 Football Practice 3-6 PM Full Pads	27 Football Practice 3-6 PM Full Pads	28 Mandatory Football Practice 9:30-12 PM Helmets and Shoulder Pads
29	30 Football Practice 3-6 PM	31 Football Practice 3-6 PM	1 Scrimmage Home VS PR 8 th -4:00 PM 7 th -5:00 PM	2 Football Practice Helmets and Shoulder Pads 3-6 PM	3 No Practice	4 Mandatory Football Practice 9:30-12 PM Helmets and Shoulder Pads

- All dates and times are tentative
- Bring your own drink if you would like, water is available.



September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Scrimmage Home VS PR 8 th -4:00 Pm 7 th -5:00 PM	2 Football Practice Helmets and Shoulder Pads 3-6 Pm	3 No Practice	4 Mandatory Football Practice 9:30-12 PM Helmets and Shoulder Pads
5	6 Football Practice 9:30-12 PM Full Pads	7 Football Practice 3-6 Pm	8 8 th grade Home vs PT @4:00	9 7 th grade Home vs Fox Chapel @ 4:00 8 th grade Practice 3-6 Helmets and Shoulder Pads	10 No Practice	11 Mandatory Football Practice 9:30-12 PM Helmets and Shoulder Pads
12	13 Football Practice 3-6 Pm	14 Football Practice 3-6 Pm	15 8 th grade Away vs Norwin @ 1:30	16 7 th grade Away vs McKeesport 8 th grade Practice 3-6 Helmets and Shoulder Pads	17 No Practice	18 Mandatory Football Practice 9:30-12 PM Helmets and Shoulder Pads
19	20 Football Practice 3-6 Pm	21 Football Practice 3-6 Pm	22 8 th grade Away vs Belle Vernon @ 4:00 7 th grade Home vs North Allegheny Carson @ 4:00	23 Practice 3-6 Helmets and Shoulder Pads	24 No Practice	25 Mandatory Football Practice 9:30-12 PM Helmets and Shoulder Pads
26	27 Football Practice 3-6 Pm	28 Football Practice 3-6 Pm	29 8 th grade Home vs Penn Hills @ 4:00	30 7 th grade Home vs Shaler 8 th grade Practice 3-6 Helmets and Shoulder Pads	1 No Practice	2 No Practice

- All dates and times are tentative