

JULY / AUGUST 2009 WHS FOOTBALL CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	WEIGHTS / RUNNING 6am & 8am GROUPS	WEIGHTS / RUNNING 6am & 8am GROUPS 6pm Practice Front Lawn	WEIGHTS / RUNNING 6am & 8am GROUPS Passing League - Elon Linemen Prax - TBA	WEIGHTS / RUNNING 6am & 8am GROUPS Passing League - Elon Linemen Prax - TBA		
	13	14	15	16	17	18
	Testing - 7am Sr's, Jr's, and all other Varsity have equip issue after testing.	Testing - 7am JV equipment issued after testing.	PLAYERS OFF REMAINDER OF WEEK!!			
19	20	21	22	23	24	25
	BULLDOG CAMP Practice @ WHS 6pm	BULLDOG CAMP Practice @ WHS 6pm	BULLDOG CAMP Practice @ WHS 6pm	8AM RUNNING TEST @ STADIUM Player-Parent Meeting WHS Auditorium 6pm	PLAYERS OFF	9am TEAM MEETING IN CHORUS ROOM PRACTICE #1 FOLLOWS
26	27	28	29	30	31	1
PLAYERS OFF	4:15 - Off Lift / Def Meet 5:00 - Def Lift / Off Meet 6:10 PRACTICE #2	5:00 MEETINGS 6:10 PRACTICE #3	4:15 Off Lift / Def Meet 5:00 - Def Lift / Off Meet 6:10 PRACTICE #4 **VOTE CAPTAINS	5:00 MEETINGS 6:10 PRACTICE #5 *VARSITY UNIFORM HANDOUT POST-PRAX	PICTURE DAY 8am JV UNIFORMS **PIC SCHED. TBA** 10:30am Varsity Lift 11:15am JV Lift 5:00 MEETINGS 5:30 PRACTICE #6	8:00 AM PRACTCE #7 3:00 Meetings 4:10 PM PRACTICE #8
2	3	4	5	6	7	8
PLAYERS OFF	8:00 Off Lift / Def Meet 8:45 Def Lift / Off Meet 10:00 PRACTICE #9 6:10 PRACTICE #10	8:00 Off Lift / Def Meet 8:45 Def Lift / Off Meet 10:00 PRACTICE #9 6:10 PRACTICE #10	PRACTICE #11 AT DURHAM JORDAN 3:30 Meetings 4:30 Depart	3:15 Off Lift / Def Meet 4:00 Def Lift / Off Meet 5:10 Practice #12 **7:30 PM COVERED DISH @ STADIUM**	Jamboree @ WHS - E. Alamance - Carver SCHED. TBA	PLAYERS OFF
9	10	11	12	13	14	15
PLAYERS OFF	8:00 Off Lift / Def Meet 8:45 Def Lift / Off Meet 10:00 SA Practice #1 6:10 SA Practice #2	3:15 Off Lift / Def Meet 4:00 Def Lift / Off Meet 5:10 SA Practice #3	3:15 Off Lift / Def Meet 4:00 Def Lift / Off Meet 5:10 SA Practice #4	3:30 Varsity Meet 4:30 SA Practice #5 4:45 JV Lift 5:45 JV Scrimmage	GAME #1 @ SOUTHERN JV Off (see posted roster) 8:30 Breakfast Meetings *See Gameday Schedule for PM times.	JV Schedule TBA
16	17	18	19	20	21	22