

CHS Football June



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1 Lifting after school</i>	<i>2</i>	<i>3—Last Day of School</i>	<i>4 Off</i>	<i>5 Lifting AM</i>	<i>6 Skills 11:00-12:30</i>
<i>7 Off</i>	<i>8 Lifting AM</i>	<i>9 Lifting PM</i>	<i>10 Lifting AM</i>	<i>11 Lifting PM</i>	<i>12 Lifting AM</i>	<i>13 Skills 11:00-12:30</i>
<i>14 Off</i>	<i>15 Lifting AM</i>	<i>16 Lifting PM</i>	<i>17 Lifting AM</i>	<i>18 Lifting PM</i>	<i>19 Lifting AM</i>	<i>20 Skills 11:00-12:30</i>
<i>21 Off</i>	<i>22 Lifting AM</i>	<i>23 Lifting PM</i>	<i>24 Lifting AM</i>	<i>25 Lifting PM</i>	<i>26 Lifting AM</i>	<i>27</i>
<i>28 Skills 2:00-3:30</i>	<i>29 Lifting AM</i>	<i>30</i>	<i>GET PHYSICALS COMPLETED</i>	<i>GET PHYSICALS COMPLETED</i>	<i>GET PHYSICALS COMPLETED</i>	<i>GET PHYSICALS COMPLETED</i>

CHS Football July



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<i>1 Lifting Am</i>	<i>2 Lifting PM</i>	<i>3 Lifting AM 7 on 7 Tournament at NBC</i>	<i>4 Off</i>
<i>5 Off</i>	<i>6 Lifting AM</i>	<i>7 QB Camp @Tyrone Lifting PM</i>	<i>8 QB Camp @Tyrone Lifting AM</i>	<i>9 QB Camp @Tyrone Lifting PM</i>	<i>10 Lifting AM</i>	<i>11 7 on 7 @ CHS 9:00 a.m. Possible Juniata 7 on 7 Tournament</i>
<i>12 Off</i>	<i>13 Lifting AM</i>	<i>14 Lifting PM</i>	<i>15 Lifting AM</i>	<i>16 Lifting PM</i>	<i>17 Lifting AM</i>	<i>18 7 on 7 @CHS 9:00 a.m. -Activity to follow</i>
<i>19 Off</i>	<i>20 Lifting AM</i>	<i>21 Lifting PM</i>	<i>22 Lifting AM</i>	<i>23 Lifting PM</i>	<i>24 Lifting AM</i>	<i>25 7 on 7 @BG 6:30 PM</i>
<i>26 Off</i>	<i>27 Lifting AM</i>	<i>28 Lifting PM</i>	<i>29 Lifting AM</i>	<i>30 Lifting PM</i>	<i>31 Lifting AM</i>	<i>PHYSICALS SHOULD BE COM- PLETED</i>

CHS Football August



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<i>Physicals must be completed by August 14th</i>	<i>17 on 7 @CHS or at Hollidaysburg TBA</i>
<i>2</i>	<i>3 Lifting Am</i>	<i>4 Lifting PM</i>	<i>5 Off</i>	<i>6 Off</i>	<i>7 Off</i>	<i>8 Off</i>
<i>9 Equipment will be handed out this week.</i>	<i>10 Pre Season and Heat Acclimation 3:30-6:30</i>	<i>11 Pre Season and heat Acclimation 3:30-6:30</i>	<i>12 Pre Season and Heat Acclimation 3:30-6:30</i>	<i>13 Pres season and Heat Acclimation 3:30-6:30</i>	<i>14 —Pictures for Program A.M. -QB Club Picnic 6:30</i>	<i>15 Off</i>
<i>16 Off—Physicals must be completed to practice Monday morning.</i>	<i>17 Summer Practice Begins 8:00-4:00</i>	<i>18 Practice 8:00-4:00</i>	<i>19 Practice 8:00-4:00</i>	<i>20 Practice 8:00-11:00/Parent Night 5:30-8:00</i>	<i>21 Practice 8:00-2:00</i>	<i>22 Scrimmage home against BA 10:00 A.M.</i>
<i>23 Off—Coaches Meeting</i>	<i>24 Practice 2:00-8:00</i>	<i>25 Practice 2:00-8:00</i>	<i>26 Practice 2:00-8:00</i>	<i>27 1st day of School Practice 3:00-6:30</i>	<i>28 Scrimmage at MU 7:00</i>	<i>29 T.B.A.</i>
<i>30 Off—Coaches Meeting</i>	<i>31 Practice 3:00-6:30</i>				<i>Opening Night at PV 7:00</i>	<i>UNFINISHED BUSINESS IN 2009</i>