

May 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 FB / Open Lift 2:30-4 PM	2
3	4 FB / Open Lift 2:30-4 PM Track 4-5 PM	5 Track 4-5 PM	6 FB / Open Lift 2:30-4 PM Track 4-5 PM	7 Track 4-5 PM	8 FB / Open Lift 2:30-4 PM	9
10	11 FB / Open Lift 2:30-4 PM	12	13 FB / Open Lift 2:30-4 PM	14	15 FB / Open Lift 2:30-4 PM	16
17	18 FB / Open Lift 2:30-4 PM MAX OUT WEEK	19	20 FB Lift 2:30-4 ALL SPORT PHYSICALS 6 – 8:30 P.M. @ Sidney H.S. Gym	21	22 FB / Open Lift 2:30-4 PM MAX OUT WEEK	23
24	25 NO LIFTING NO SCHOOL	26 NO LIFTING EXAMS	27 NO LIFTING EXAMS	28 NO LIFTING EXAMS	29 NO LIFTING SUMMER VACATION	30
31	If you have questions please feel free to call: Coach Cairns, Varsity Head Coach – 492-3841 Coach Wagner, Freshman Head Coach – 492-3893					

June 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 FB Lifting 7:30-9:30 AM	2	3 FB Lifting 7:30-9:30 AM	4	5 FB Lifting 7:30-9:30 AM	6
7	8 FB Lifting 7:30-9:30 AM	9 QB Camp @ NHS	10 QB Camp @ NHS FB Lifting 7:30-9:30 AM	11	12 FB Lifting 7:30-9:30 AM	13
14	15 FB Lifting 7:30-9:30 AM	16	17 FB Lifting 7:30-9:30 AM	18	19 FB Lifting 7:30-9:30 AM	20
21	22 FB Lifting 7:30-9:30 AM	23	24 FB Lifting 7:30-9:30 AM Big Skills Lineman Camp	25	26 FB Lifting 7:30-9:30 AM	27
28	29 FB Lifting 7:30-9:30 AM	30 QB Camp @ NHS	If you have questions please feel free to call: Coach Cairns, Varsity Head Coach – 492-3841 Coach Wagner, Freshman Head Coach – 492-3893			

July 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
If you have questions please feel free to call: Coach Cairns, Varsity Head Coach – 492-3841 Coach Wagner, Freshman Head Coach – 492-3893			1 QB Camp @ NHS FB Lifting 7:30-9:30 AM	2	3 NO LIFTING HOLIDAY	4
5	6 FB Lifting 7:30-9:30 AM	7	8 FB Lifting 7:30-9:30 AM	9 Country Concert Patrol	10 FB Lifting 7:30-9:30 AM Country Concert Patrol	11 Country Concert Patrol
12 Country Concert Patrol	13 FB Lifting 7:30-9:30 AM	14	15 FB Lifting 7:30-9:30 AM	16	17 FB Lifting 7:30-9:30 AM	18
19	20 SHS Lifting & FB CAMP 7:30-11AM Grades 9-12 Def. Camp	21	22 SHS Lifting & FB CAMP 7:30-11AM Grades 9-12 Off. Camp	23	24 SHS Lifting & FB CAMP 7:30-11AM Grades 9-12 Off. Camp	25
26	27 SHS Lifting & FB CAMP 7:30-11AM Grades 9-12 Def. Camp	28	29 SHS Lifting & FB CAMP 7:30-11AM Grades 9-12 Off. Camp	30 SHS FB CAMP 7:30 – 11AM Grades 9-12 Def. Camp / 7 on 7 Anna @ SHS Line. Challenge 6 PM	31 FREE DAY	

August 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
If you have questions please feel free to call: Coach Cairns, Varsity Head Coach – 492-3841 Coach Wagner, Freshman Head Coach – 492-3893						1 SMS Equip. Day - TBA Equipment Day SHS 8 -10 AM, - TBA
2	3 Two Days Begin Grades 10-12 7 AM – 2 PM Helmet Only Var. Card Kick-Off	4 Two-A-Days Grades 10-12 7 AM – 2 PM Helmet Only	5 Two-A-Days Grades 10-12 7 AM – 2 PM Shoulder Pads	6 Two-A-Days Grades 10-12 7 AM – 2 PM Shoulder Pads	7 Two-A-Days Grades 10-12 7 AM – 2 PM Full Equip. – No Contact	8 Two-A-Days Grades 10-12 7 AM – 2 PM FULL CONTACT
9	10 Two-A-Days Grades 10-12 7 AM – 2 PM	11 Two-A-Days Grades 10-12 7 AM – 2 PM	12 Two-A-Days Grades 10-12 7 AM – 2 PM	13 Two-A-Days Grades 10-12 7 AM – 2 PM	14 Two-A-Days Grades 10-12 7 AM – 2 PM FALL PICTURE DAY	15 Scrimmage Sidney @ Celina 10 AM
16 FALL SPORTS PARENT MEETING 7 PM @ SHS, TBA	17 Two-A-Days Grades 10-12 Time - TBA FB Lifting 2:30-3:40	18 Two-A-Days Grades 10-12 Time - TBA	19 Two-A-Days Grades 10-12 Time - TBA FB Lifting 2:30-3:40	20 Two-A-Days Grades 10-12 Time - TBA	21 Scrimmage Wapakaneta @ Sidney 7 PM Fall Sports Recog. Night 6:30 PM	22 Varsity Card BLITZ DAY Varsity Film Work St. Mary's Film Work and Game Prep
23	24 SMS FB 3-5 PM FB Lifting 2:30-3:40 Sidney H.S. Regular Practice 3-6 PM	25 SMS FB 3-5 PM Sidney H.S. 3-6 PM 9th Lift 4:30-5:30 VESPA Meet the Coaches 7 PM	26 SMS FB 3-5 PM FB Lifting 2:30-3:40 Sidney H.S. Regular Practice 3-6 PM	27 SMS FB 3-5 PM Sidney H.S. Regular Practice 3-6 PM	28 BEAT ST. MARY'S	29 JV Game
30	31 FB Lifting 2:30-3:40	If you have questions please feel free to call: Coach Herd, 7 th Grade Head Coach - 497-0427 Coach Zink, 8 th Grade Head Coach – 239-4903				