



Bears Football

March 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Lifting/ Conditioning 2:45-5:00	3 Lifting/ Conditioning 2:45-5:00	4	5 Lifting/ Conditioning 2:45-5:00	6 Lifting/ Conditioning 2:45-5:00	7
8	9 Lifting/ Conditioning 2:45-5:00	10 Lifting/ Conditioning 2:45-5:00	11	12 Lifting/ Conditioning 2:45-5:00	13 Lifting/ Conditioning 2:45-5:00	14
15	16 Lifting/ Conditioning 2:45-5:00	17 Lifting/ Conditioning 2:45-5:00	18	19 Lifting/ Conditioning 2:45-5:00	20 Lifting/ Conditioning 2:45-5:00	21
22	23 Lifting/ Conditioning 2:45-5:00	24 Lifting/ Conditioning 2:45-5:00	25	26 Power Club Testing 2:45-5:30	27 Teacher Workday No School	28
29	30 Lifting/ Conditioning 2:45-5:00	31 Lifting/ Conditioning 2:45-5:00				



Bears Football

April 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Lifting/ Conditioning 2:45-5:00	3 Lifting/ Conditioning 2:45-5:00	4
5	6 Spring Break	7 Spring Break	8 Spring Break	9 Spring Break	10 Spring Break	11
12	13 Lifting/ Conditioning 2:45-5:00	14 Lifting/ Conditioning 2:45-5:00	15	16 Lifting/ Conditioning 2:45-5:00	17 Lifting/ Conditioning 2:45-5:00	18
19	22 Lifting/ Conditioning 2:45-5:00	21 Lifting/ Conditioning 2:45-5:00	22	23 Lifting/ Conditioning 2:45-5:00	24 Lifting/ Conditioning 2:45-5:00	25
26	27 Testing Equipment Handout 2:45-5:00	28 Testing Equipment Handout 2:45-5:00	29 Testing Equipment Handout Roll Call 2:45	30 Make Up Day		



Bears Football

May 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Helmets/Shorts First Day of Spring Practice 2:45-5:15	2 9:00 - 12:00 Pennies Fund Raiser
3	4 Helmets/Shorts Practice 2:45-5:15	5 Helmets/Shorts Practice 2:45-5:15	6 Study Hall 1:30 Full Pads 2:45-5:15	7 Full Pads 2:45-5:15	8 Full Pads 2:45-5:15 Scrimmage	9
10	11 Full Pads 2:45-5:15	12 Full Pads 2:45-5:15	13 Study Hall 1:30 Full Pads 2:45-5:15	14 Full Pads 2:45-5:15	15 Full Pads 2:45-5:15 Scrimmage	16
17	18 Full Pads 2:45-5:15	19 Full Pads 2:45-5:15	20 Study Hall 1:30 Full Pads 2:45-5:15	21 Shells 2:45-4:45	22 Parent Meeting Cafeteria 6 pm Purple/ Gold Game 7:00 @ WS-The Den	23
24	25 Memorial Day No Practice	26 Full Pads 2:45-5:15	27 Study Hall 1:30 Full Pads 2:45-5:15	28 Helmets/Shorts 2:45 -4:45 2009 Season Physicals 5:30pm	29 SPRING JAMBOREE Home Lake Mary 7:00	30