

November 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	2	4	5	6	7
8	9	10	11	12 Hydration/Body Fat Testing	13	14
15	16 1 st day of practice	17 Practice: Team Meeting 7pm	18 Practice	19 Practice Parent Meeting 7pm	20 Practice	21 Practice: 10 am – Noon
22	23 Practice	24 Practice Blue-Silver Scrimmage 7 pm	25 Practice	26 THANKSGIVING No Practice	27 Practice 8 am – 10 am	28 Practice 2 pm – 4pm ? Set up for BoosterClub Tournament?
29 Booster Club Tournament?	30 Practice LIFTING 7 AM	Notes: LIFTING 7AM on MON and WED: Mandatory for Varsity Encouraged for JV Optional for Freshman				

December 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes:		1 Practice	2 Practice Lifting 7am	3 V: Ekfelt Invite @ O. North JV/F: Practice	4 V: Ekfelt Invite @ O. North JV/F: Practice	5 V: Practice TBA JV: Wymore South. F: Norfolk
6	7 F: @ Mill. North JV/V: Practice Lifting 7am	8 Practice	9 Practice Lifting 7am	10 Practice	11 Practice	12 V: East-West Duals @ Lincoln East JV: @ Ft. Calhoun F: @ Cr. Prep
13	14 F: @ Cr. Prep JV: @ O. Benson V: Practice Lifting 7am	15 V: MPS Duals @ MNHS JV/F: Practice	16 Practice Lifting 7am	17 Practice	18 9-10: @ Westside Practice	19 V: @ South Sioux City
20	21 F: @ O. South JV: @ Papio LV V: Practice Lifting 7am	22 Practice	23 NO SCHOOL NO PRACTICE	24 NO SCHOOL NO PRACTICE	25 NO SCHOOL NO PRACTICE	26 NO SCHOOL NO PRACTICE
27	28 Practice 10 am – Noon	29 Practice 10 am – Noon	30 Practice 10 am – Noon	31 Practice 10 am – Noon	Notes: On Monday League nights, JV and Frosh must weigh in before school!	

January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes:					1 Practice 10am – Noon	2 JV: @ Newman Grove
3	4 Practice 10am – Noon	5 V/JV: @ Lincoln Pius X	6 SCHOOL RESUMES Practice Lifting 7am	7 Practice	8 Practice	9 V: @ Mill. West JV: @ Winside
10	11 F: @Bell West JV: @ Burke V: Practice Lifting 7am	12 JV/V: vs Ralston Parent Night F: Practice	13 Practice Lifting 7am	14 Practice	15 V: METROS @ PLVS JV/F: Practice	16 V: METROS @ PLVS
17	18 NO SCHOOL V: practice 4 pm – 6 No lifting	19 Practice	20 Practice Lifting 7am	21 Practice	22 Practice JV@ Bell. East	23 V: @ Plattsmouth
24	25 F: @ O. Northwest JV: @ Mill. West V: Practice Lifting 7 am	26 Practice	27 Practice Lifting 7 am	28 Practice	29 Practice	30 V: @ Norfolk JV: @ Hastings SC
31	Notes:					

February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes:	1 Practice Lifting 7 am	2 V: METRO DUALS @ Millard South	3 Practice Lifting 7 am	4 Practice	5 Practice	6 V: Practice 10 am JV: @ Bell West F: @ Mill. South
7	8 Practice Workout 7 am	9 V: Practice JV/F: @ PLVS	10 V: Practice	11 NO SCHOOL V: Practice TBA	12 NO SCHOOL V: Practice TBA	13 V: DISTRICTS @ Creighton Prep
14 V: Practice @ 1PM	15 NO SCHOOL Practice 4pm – 6pm	16 Practice	17 Practice	18 V: STATE TOURN @QWEST	19 V: STATE TOURN @QWEST	20 V: STATE TOURN @QWEST
21	22	23 TURN IN ALL EQUIPMENT !!!!	24	25	26	27
28	Notes: Freestyle/ Greco will be starting the 1 st week in March and run through 1 st week in May. EVERYONE will help work at the State FS/GR tournament on May 1 st .					