

Summer Workout Schedule 2009

June 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
No Workouts this Week.	1 Basketball Youth Camp Baseball -Barn Open	2 Baseball Evaluation 10-12 or 4-6	3	4 Baseball Evaluation 10-12 or 4-6	5 Basketball UAH Camp	6
7 Workouts Start this Week!! AM 7:00 - 9:00am PM 5:15 - 7:15pm	8 Weights Basketball @ARAB 9:00am - Baseball -Barn Open	9 Weights Basketball @ Corner Baseball Evaluation 10-12 or 4-6	10	11 Weights	12 Weights AM Only	13
14	15 Weights Basketball @ Priceville Baseball -Barn Open	16 Weights Football Team Day 9:00am - 10:30am	17	18 Weights	19 Weights AM Only	20
21	22 Weights Baseball -Barn Open	23 Weights Basketball B'ham Southern Team Camp Football Team Day 9:00am - 10:30am	24 Basketball B'ham Southern Team Camp	25 Weights	26 Weights AM Only Wrestling @ Navy	27
28 No Workouts This Week	29 OFF Baseball -Barn Open Wrestling @ Navy	30 OFF				

Summer Workout Schedule 2009

July 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 OFF	2 OFF	3 OFF	4 Independence Day
5 <u>Workouts this Week!!</u> AM 7:00 - 9:00am PM 5:15 - 7:15pm	6 Weights Baseball -Barn Open	7 Weights Football Team Day 9:00am - 10:30am	8	9 Weights Football Team Day 9:00am - 10:30am	10 Weights AM Only	11
12 <u>All Star Sports Weeks - VBC</u>	13 Weights Baseball -Barn Open	14 Weights Football Team Day 9:00am - 10:30am	15	16 Weights Football Team Day 9:00am - 10:30am	17 Weights AM Only	18 Youth Football Camp @ AHS 8:00 - 12:00 Cost \$15
19	20 Weights Varsity Football Passing League 11:15am - 7:00pm B'ham Southern Baseball -Barn Open	21 Weights Varsity Football Passing League 11:15am - 7:00pm B'ham Southern	22 Arab Knight Football Lineman Camp 7 th - 12 th grade 9:00am - 1:00pm Cost \$20	23 Weights Varsity Football Passing League 5:00pm - 7:00 pm Arab High School	24 Weights AM Only	25
26 <u>Makeup Workouts 7:00-9:00am M/Tu/Th/F</u>	27 Makeup Wts. 7:00-9:00am only Baseball -Barn Open	28 Makeup Wts. 7:00-9:00am only	29	30 Makeup Wts. 7:00-9:00am only	31 Makeup Wts. 7:00-9:00am only	

Summer Workout Schedule 2009

<h1 style="margin: 0;">August 2009</h1>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All misses for Summer Workouts will be made up starting August 11 th at 6:00 am. There is a 2 week window to get all workouts done. These will be full workouts.						1
2	3 Football Camp Day 9:00am – 5:30pm Required Practice Lunch Provided	4 Practice 3:00 – 6:00 pm	5 Picture Day Senior Pic – 2:00 pm Team Pic – 3:00pm Practice after until 6:00pm	6 Practice 3:00 – 6:00 pm	7 Practice 3:00 – 6:00 pm	8
9 Practice will be until 6:00 pm every day after school unless noted	10 Students 1 st day of School	11	12	13	14 Scrimmage Day Junior High 3:00 pm – 4:30pm High School 5:00pm – 7:00pm	<u>15</u> <u>Team Meeting and</u> <u>Walk-through</u> <u>9:00am – 11:30am</u>
16	17	18	19	20	21 Fairview – Home 7:00pm	22
23	24	25	26	27	28 Oneonta – Away 7:00pm	29
30	31					

KNIGHTS