



2015

FOOTBALL

FAMILY SEASON

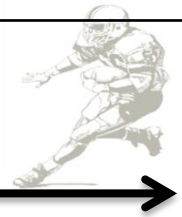


MASON VAR/JV FOOTBALL

MARCH 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
VCW = Varsity Commitment Workout	HOW IMPORTANT IS IT TO YOU?					
1 FAMILY 10,8,6	2 VCW-1 5:15-6:45am	3 VCW-2 5:15-6:45am	4 VCW-3 5:15-6:45am	5 VCW-4 5:15-6:45am	6	7 WINTER SOCIAL @ KI Conf. Center 8-12 TRUST
8 FAMILY 3X3	9 VCW-5 5:15-6:45am	10 VCW-6 5:15-6:45am	11 VCW-7 5:15-6:45am	12 VCW-8 5:15-6:45am	13	14 TRUST
15 5x5 FAMILY	16 VCW-9 5:15-6:45am	17 VCW-10 5:15-6:45am	18 VCW-11 5:15-6:45am	19 VCW-12 5:15-6:45am	20	21 TRUST
22 FAMILY 5,4,3,2,1	23 VCW-13 5:15-6:45am	24 VCW-14 5:15-6:45am	25 VCW-15 5:15-6:45am	26 VCW-16 5:15-6:45am	27	28 TRUST
29 FAMILY	30 Spring Break	31	No training this week! <u>Eat</u> and <u>rest</u> like a CHAMPION!!			





MASON VAR/JV FOOTBALL

APRIL 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BE A CHAMPION!		No training! <u>Eat</u> and <u>rest</u> like a CHAMPION!!				4 TRUST
5 FAMILY 10,8,6	6 VCW-17 5:15-6:45am	7 VCW-18 5:15-6:45am	8 VCW-19 5:15-6:45am	9 VCW-20 5:15-6:45am	10	11 TRUST
12 FAMILY 3x3	13 VCW-21 5:15-6:45am	14 VCW-22 5:15-6:45am	15 VCW-23 5:15-6:45am	16 VCW-24 5:15-6:45am	17	18 TRUST
19 FAMILY 5x5	20 VCW-25 5:15-6:45am	21 VCW-26 5:15-6:45am	22 VCW-27 5:15-6:45am	23 VCW-28 5:15-6:45am	24	25 TRUST
26 FAMILY 5,4,3,2,1	27 VCW-29 5:15-6:45am	28 VCW-30 5:15-6:45am	29 VCW-31 5:15-6:45am	30 VCW-32 5:15-6:45am		



MASON VAR/JV FOOTBALL

MAY 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GIVE BACK MONTH!!					1	2 TRUST
3 FAMILY 10,8,6	4 VCW-33 2:30-5:00 GIVE BACK PROGRAM STARTS	5 HP STUDY TABLE 2:30-4:00	6 VCW-34 2:30-5:00	7 VCW-35 2:30-5:00	8	9 TRUST
10 FAMILY 3x3 or 5x5	11 VCW-36 2:30-5:00	12 HP STUDY TABLE 2:30-4:00	13 VCW-37 2:30-5:00	14 VCW-38 2:30-5:00 Green Madness TBA	15	16 TRUST
17 FAMILY 5,4,3,2,1	18 VCW-39 2:30-5:00	19 HP STUDY TABLE 2:30-4:00	20 VCW-40 2:30-5:00	21 Helmets VCW-41 2:30-5:00	22	23 TRUST
24 FAMILY	25 NO SCHOOL MEMORIAL DAY	26 HP STUDY TABLE 2:30-4:00	27 Last Day of School	28 Teacher workday	29	30 
No training this week! <u>Eat</u> and <u>rest</u> like a CHAMPION!! 						



MASON VAR/JV FOOTBALL

JUNE 2015



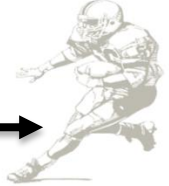
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 VCW-1 7:15-10 am	2 VCW-2 7:15-10 am	3 VCW-3 7:15-10 am	4 VCW-4 7:15-10 am	5	6 MINI CAMP OFF CAMPUS LEAVE MASON TBA TRUST	
7 MINI CAMP OFF CAMPUS 5X5 FAMILY	8 MINI CAMP OFF CAMPUS OU COMBINE @ MASON 4:00 Srs. & Jrs	9 VCW-5 7:15-10 am	10 VCW-6 7:15-10 am	11 VCW-7 7:15-10 am	12 OPEN FIELDS	13 TRUST	
14 FAMILY 5,4,3,2,1	15 VCW-8 7:15-10 am	16 VCW-9 7:15-10 am	17 VCW-10 7:15-10 am	18 VCW-11 7:15-10 am	19 OPEN FIELDS	20 TRUST	
21 FAMILY 10,8,6	22 VCW-12 7:15-10 am	23 VCW-13 7:15-10 am	24 VCW-14 7:15-10 am	25 VCW-15 7:15-10 am	26 OPEN FIELDS	27 TRUST	
28 FAMILY 3X3	29 VCW-16 7:15-10 am	UNITED AS ONE!!					



MASON VAR/JV FOOTBALL

JULY 2015




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Attitude & Effort!!!</u>			1 VCW -17 7:15-10 am	2 VCW-18 7:15-10 am	3	4 TRUST
5 FAMILY 5X5	6 VCW-19 7:15-10 am TD CLUB MEETING 7:00	7 VCW-20 7:15-10 am	8 VCW -21 7:15-10 am	9 VCW – 22 7:15-10 am 7 ON 7 @ LEBANON 6-8	10	11 TRUST
12 FAMILY 5,4,3,2,1	13 VCW – 23 7:15-10 am 7 ON 7 @ KINGS 6-8:30	14 VCW-24 7:15-10 am	15 VCW – 25 7:15-10 am	16 VCW - 26 7:15-10am	17	18 TRUST
19 FAMILY 10,8,6	20 LITTLE COMETS CAMP 4:00 – 6:30 VARSITY CAMP PRACTICE 7:30 -10 ARMY	21 LITTLE COMETS CAMP 4:00 – 6:30 VARSITY CAMP PRACTICE 7:30 -10 MARINES	22 LITTLE COMETS CAMP 4:00 – 6:30 VARSITY CAMP PRACTICE 7:30-10 COMPETITION	23 LITTLE COMETS CAMP 4:00 – 6:30 VARSITY CAMP PRACTICE 7:30 -10	24 <u>Equipment day!</u> VARSITY CAMP PRACTICE /VCW 7AM -1 PM NAVY SEALS	25 TRUST
26 FAMILY	27 Rest Week	28	29	30	31	



MASON VAR/JV FOOTBALL

AUGUST 2015




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
THE BIG 4 - WIN THE DAY!!						1 TRUST
2 FAMILY	3 <u>Only Helmets</u> 2 A DAYS 6 AM - 3 PM Coaching Begins	4 <u>Only Helmets</u> 2 A DAYS 6 AM - 3 PM	5 <u>Pro Pads</u> 2 A DAYS 6 AM - 3 PM	6 <u>Pro Pads</u> 2 A DAYS 6 AM - 3 PM	7 <u>Full Equip.</u> 2 A DAYS 6 AM-3 PM	8 <u>Full Contact</u> Green & White Day (7 th - Varsity) 26 TH ANNUAL GOLF OUTING @ KI Golf Center
9 FAMILY	10 <u>FULL EQUIP.</u> 2 A DAYS 6 AM - 3 PM COUNTDOWN TO GREATNESS 7:00	11 Teacher Work Day Practice 3-6:30	12 <u>First day of school</u> PRACTICE 3-6:30	13 Practice @ 2:45-4:15 Dad Jersey Night 5:00	14 FR @ Elder 4:00 JV @ Elder 5:30 VAR @ Elder 7:00	15 FILM AND STRENGTH 7:30 TRUST
16 FAMILY	17 Practice 3-6:30	18 Practice 3-6:30	19 Practice 3-6:30	20 Practice @ 2:45-4:15 Letters to Mom Night 5:00	21 FR @ St. X 4:00 JV @ St. X 4:00 VAR @ St.X 7:00	22 FILM AND STRENGTH 7:30 TRUST
23 30	24 Practice 2:30-7 31	25 Practice 3-6:30	26 Practice 3-6:30	27 Practice 2:45-4:15	28 @ Springboro 7	29 Springboro 10 



MASON VAR/JV FOOTBALL

SEPTEMBER 2015




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FAMILY		1	2	3	4 Upper Arlington 7:30 HOF & Alumni Night	5 FR @ Upper Arlington JV @ Upper Arlington
6 FAMILY	7 Labor day No School Practice 7-11 TD CLUB MEETING 7:00	8	9	10	11 @ Winton Woods	12 JV Winton Woods
13 FAMILY	14 Practice 2:30-7 TD CLUB MEETING 7:00	15	16	17	18 Colerain 7 Tailgate by the city	19 JV @ Colerain
20 FAMILY	21 Practice 2:30-7 TD CLUB MEETING 7:00	22	23	24	25 @ Fairfield 7	26 JV Fairfield
27 FAMILY	28 Practice 2:30-7 TD CLUB MEETING 7:00	29	30	<p style="text-align: center;"> Are you committed ? Are you giving great effort ? Can I trust you ? </p> 		



MASON VAR/JV FOOTBALL

OCTOBER 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Lakota East 7 Homecoming	3 JV Lakota East TRUST
4 FAMILY	5 Practice 2:30-7 TD CLUB MEETING 7:00	6	7	8	9 @ Princeton 7	10 JV Princeton TRUST
11 FAMILY	12 Practice 2:30-7 TD CLUB MEETING 7:00	13	14	15	16 <u>No School</u> Staff Workday Walk n Talk 8am Oak Hills 7 Little Comet Night	17 JV @Oak Hills TRUST
18 FAMILY	19 Practice 2:30-7 TD CLUB MEETING 7:00	20	21	22	23 @ Middletown 7	24 JV Middletown TRUST
25 FAMILY	26 Practice 2:30-7 TD CLUB MEETING 7:00	27	28	29	30 Sycamore 7 Senior Night	31 JV @ Sycamore 



MASON VAR/JV FOOTBALL

NOVEMBER 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 2px solid green; border-radius: 15px; padding: 10px; display: inline-block;"> <p>CHAMPIONSHIP...</p> <p>If you can believe it, the mind can achieve it.</p> </div>						TRUST
1 FAMILY	2 TD CLUB MEETING 7:00	3	4	5	6	7 Regional Quarters TRUST
8 FAMILY	9 TD CLUB MEETING 7:00	10	11	12	13	15 Regional Semis TRUST
15 FAMILY	16 TD CLUB MEETING 7:00	17	18	19	20	21 Regional Final's TRUST
22 FAMILY	23	24	25 Teacher Workday	26 THANKSGIVING	27 No School	28 State Semifinals 
29	30					



MASON VAR/JV FOOTBALL

DECEMBER 2015





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 State Championships @ Columbus	4	5
6 FAMILY	7	8	9	10	11	12 TRUST
13 FAMILY	14	15	16	17 End of Semester	18 Teacher Workday	19 TRUST
20 FAMILY	21 No School – Winter Break	22	23	24	25	26 TRUST
27 FAMILY	28	29	30	31		



MASON VAR/JV FOOTBALL

JANUARY 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
VCW = VARSITY COMMITMENT WORKOUT S.T = Study table	<div style="border: 2px solid green; border-radius: 15px; padding: 10px;"> <ol style="list-style-type: none"> 1. Are you giving great effort ? 2. Are you committed? 3. Can I trust you ? </div>		Winter Break 	1	2	3
4 FAMILY	5 VCW1 2:30-4:45	6	7 S.T 1:30 VCW2 2:30-4:45	8 VCW3 2:30-4:45	9	10 TRUST
11 FAMILY	12 VCW4 2:30-4:45	13	14 S.T 1:30 VCW5 2:30-4:45	15 VCW6 2:30-4:45	16	17 TRUST
18 FAMILY	19 MLK DAY NO SCHOOL VCW7 7:30-9:30am	20	21 S.T 1:30 VCW8 2:30-4:45	22 VCW9 2:30-4:45	23	24 TRUST
25 FAMILY	26 VCW10 2:30-4:45	27	28 S.T 1:30 VCW11 2:30-4:45	29 VCW12 2:30-4:45	30	31 



MASON VAR/JV FOOTBALL

FEBRUARY 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	VCW = VARSITY COMMITMENT WORKOUT	<div style="border: 1px solid black; padding: 5px;"> 1. Are you committed ? 2. Are you giving great effort ? 3. Can I trust you ? </div>				TRUST
1 FAMILY	2 VCW13 2:30-4:45	3	4 S.T 1:30 VCW14 2:30-4:45	5 VCW15 2:30-4:45	6	7 TRUST
8 FAMILY	9 VCW16 2:30-4:45	10	11 S.T 1:30 VCW17 2:30-4:45	12 VCW18 2:30-4:45	13	14 TRUST
15 FAMILY	16 PRES. DAY NO SCHOOL VCW19 7:30-9:30	17 Parent & player recruiting meeting 5:30 @ MHS Harvard room Rising 7 th graders transition meeting 7:30 @ MMS	18 S.T 1:30 VCW20 2:30-4:45	19 VCW21 2:30-4:45	20	21 TRUST
22 FAMILY	23 VCW22 2:30-4:45	24	25 VCW 23 2:30-4:45	26 EXAMS	27 EXAMS END OF TRI VCW 24 2:30-4:45	28 