

# January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<sup>1</sup> <b><u>NO SCHOOL</u></b>	<sup>2</sup>
<sup>3</sup>	<sup>4</sup> Lifting 2:30-4pm	<sup>5</sup> GHS @ CFC Arena 4-6pm	<sup>6</sup> Lifting 3:30-5pm	<sup>7</sup> @ GHS Turf Field 4-6pm	<sup>8</sup> Lifting 2:30-4pm	<sup>9</sup> @ GHS Turf Field 10-12pm Coach Whitley
<sup>10</sup>	<sup>11</sup> Lifting 2:30-4pm	<sup>12</sup> @ GHS Turf Field 4-6pm	<sup>13</sup> Lifting 3:30-5pm	<sup>14</sup> @ GHS Turf Field 4-6pm	<sup>15</sup> Lifting 2:30-4pm	<sup>16</sup>
<sup>17</sup>	<sup>18</sup> <b><u>NO SCHOOL</u></b> Lifting TIME: TBD	<sup>19</sup> GHS @ CFC Arena 4-6pm	<sup>20</sup> Lifting 3:30-5pm	<sup>21</sup> @ GHS Turf Field 4-6pm	<sup>22</sup> Lifting 2:30-4pm	<sup>23</sup>
<sup>24</sup>	<sup>25</sup> Lifting 2:30-4pm	<sup>26</sup> GHS @ CFC Arena 4-6pm	<sup>27</sup> Lifting Time: TBD 1/2 day	<sup>28</sup> @ GHS Turf Field 5-7pm Coach Delia	<sup>29</sup> Lifting 2:30-4pm	<sup>30</sup>
<sup>31</sup>						

# February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Lifting 2:30-4pm	2 GHS @ CFC Arena 4-6pm	3 Lifting 3:30-5pm	4 @ GHS Turf Field 5pm Coach Delia	5 Lifting 2:30-4pm	6 @ GHS Turf Field 10-12pm
7	8 Lifting 2:30-4pm	9 GHS @ CFC Arena 4-6pm	10 Lifting 3:30-5pm	11 @ GHS Turf Field 4-6pm	12 Lifting 2:30-4pm	13 @ GHS Turf Field 10-12pm
14	15 Lifting TIME: TBD VACATION	16 GHS @ CFC Arena 4-6pm	17 Lifting TIME: TBD VACATION	18 @ GHS Turf Field 4-6pm	19 Lifting TIME: TBD VACATION	20 @ GHS Turf Field 10-12pm
21	22 Lifting 2:30-4pm	23 @ GHS Turf Field 4-6pm	24 Lifting 3:30-5pm 1/2 Day	25 @ GHS Turf Field 4-6pm	26 Lifting 2:30-4pm	27 @ GHS Turf Field 10-12pm
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# March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 LIFTING 2:30-4pm	2 @ GHS Turf Field 4-6pm	3 LIFTING 3:30-5pm	4 @ GHS Turf Field 4-6pm	5 LIFTING 2:30-4pm	6 @ GHS Turf Field 10-12pm
7	8 Conditioning @ GHS TURF FIELD	9 Conditioning @ GHS TURF FIELD	10 GHS @ CFC Arena 3:30-5pm	11 Lifting & GHS Turf Field	12 Conditioning @ GHS TURF FIELD	13 @ GHS Turf Field 10-12pm <i>State Weight lifting Comp.</i>
14	15 Conditioning @ GHS TURF FIELD	16 GHS @ CFC Arena 4-6pm	17 Lifting & GHS Turf field	18 Conditioning @ GHS TURF FIELD	19 <b>TESTING</b>	20 GHS YOUTH PRACTICE ( <i>Varsity help</i> )
21	22 <b>OPENING DAY</b>	23	24	25	26	27
28	29	30	31			