

July 2021

June '21							August '21						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5	1	2	3	4	5	6	7
6	7	8	9	10	11	12	8	9	10	11	12	13	14
13	14	15	16	17	18	19	15	16	17	18	19	20	21
20	21	22	23	24	25	26	22	23	24	25	26	27	28
27	28	29	30				29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
4	5 STRENGTH/SPEED/POSITION WORKOUTS (7-10AM)	6 STRENGTH/SPEED/POSITION WORKOUTS (7-10AM)	7 STRENGTH/SPEED/POSITION WORKOUTS (7-10AM)	8 STRENGTH/SPEED/POSITION WORKOUTS (7-10AM)	9	10
11	12 CAMP DAY- TIME- 7-9:00 AM FRESHMAN 8:30-NOON- VARSITY 12:00 7 ON 7 AT TW	13 CAMP DAY-) 7-9:00 AM FRESHMAN 8:30-NOON- VARSITY	14 CAMP DAY 7-9:00 AM FRESHMAN 8:30-NOON- VARSITY	15 CAMP DAY 7-9:00 AM FRESHMAN 8:30-NOON- VARSITY	16 CAMP DAY 7-9:00 AM FRESHMAN 8:30-NOON- VARSITY	17
18	19 CAMP DAY 7-9:00 AM FRESHMAN 8:30-NOON- VARSITY	20 CAMP DAY 7-9:00 AM FRESHMAN 8:30-NOON- VARSITY	21 CAMP DAY 7-9:00 AM FRESHMAN 8:30-NOON- VARSITY	22 CAMP DAY 7-9:00 AM FRESHMAN 8:30-NOON- VARSITY	23 OFF	24
25	26 OFF	27 OFF	28 OFF	29 OFF	30 OFF	31
1	2	Notes				

August 2021

July '21							September '21							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
				1	2	3					1	2	3	4
4	5	6	7	8	9	10	5	6	7	8	9	10	11	
11	12	13	14	15	16	17	12	13	14	15	16	17	18	
18	19	20	21	22	23	24	19	20	21	22	23	24	25	
25	26	27	28	29	30	31	26	27	28	29	30			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 PICTURE DAY 3-6 PM	2 FROSH- 7:30-10:30 VARSITY- 8:30-12:30	3 FROSH- 7:30-10:30 VARSITY- 8:30-12:30	4 FROSH- 7:30-10:30 VARSITY- 8:30-12:30	5 FROSH- 7:30-10:30 VARSITY- 8:30-12:30	6 FROSH- 7:30-10:30 VARSITY- 8:30-12:30	7 Scrimmage @ Darby (10AM)
8	9 FROSH- 7:30-10:30 VARSITY- 8:30-12:30	10 FROSH- 7:30-10:30 VARSITY- 8:30-12:30	11 FROSH- 7:30-10:30 VARSITY- 8:30-12:30	12 FROSH- 7:30-10:30 VARSITY- 8:30-12:30	13 Scrimmage vs Wayne (7PM)	14 PLAYERS OFF
15 * We will have in-school lifting options next year which will allow all players to be home earlier. All players will get 2 or 3 lifts per week.	16 AFTER SCHOOL PRACTICE BEGINS FROSH PRACTICE- 3:50-5:30 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	17 FROSH PRACTICE- 3:50-5:30 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	18 FROSH PRACTICE- 3:50-5:30 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	19 FROSH PRACTICE- 3:30-5:00 VARSITY PRACTICE- 3:30-5:00PM VARSITY FILM- 5-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	20 GAME 1- REYNOLDSBURG	21 JV/FROSH @ REYNOLDSBURG VARSITY FILM/RECOVERY
22	23 FROSH PRACTICE- 3:50-5:30 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	24 FROSH PRACTICE- 3:50-5:30 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	25 FROSH PRACTICE- 3:50-5:30 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	26 FROSH PRACTICE- 3:30-5:00 VARSITY PRACTICE- 3:30-5:00PM VARSITY FILM- 5-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	27 GAME 2- @ TOLEDO SFD * We will depart early from school, eat and do walk thru on the way.	28 JV/FROSH- VS. JEROME VARSITY FILM/RECOVERY
29	30 FROSH PRACTICE- 3:50-5:30 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	31 FROSH PRACTICE- 3:50-5:30 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	1 FROSH PRACTICE- 3:50-5:30 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	2 FROSH PRACTICE- 3:30-5:00 VARSITY PRACTICE- 3:30-5:00PM VARSITY FILM- 5-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	3 GAME 3- @ SPRINGBORO	4
5	6	Notes				

September 2021

August '21							October '21						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7						1	2
8	9	10	11	12	13	14	3	4	5	6	7	8	9
15	16	17	18	19	20	21	10	11	12	13	14	15	16
22	23	24	25	26	27	28	17	18	19	20	21	22	23
29	30	31					24	25	26	27	28	29	30
							31						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 FROSH PRACTICE- 3:50-5:30 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	31 FROSH PRACTICE- 3:50-5:30 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	1 FROSH PRACTICE- 3:50-5:30 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	2 FROSH PRACTICE- 3:30-5:00 VARSITY PRACTICE- 3:30-5:00PM VARSITY FILM- 5-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	3 GAME 3- @ SPRINGBORO	4 JV/FROSH- VS. SPRINGBORO VARSITY FILM/RECOVERY
5	6 LABOR DAY- NO SCHOOL FROSH PRACTICE- OFF VARSITY FILM- 8-8:45AM VARSITY PRACTICE- 9-11:00AM	7 FROSH PRACTICE- 3:50-5:30 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	8 FROSH PRACTICE- 3:50-5:30 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	9 FROSH PRACTICE- 3:30-5:00 VARSITY PRACTICE- 3:30-5:00PM VARSITY FILM- 5-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	10 GAME 4- WEST CENTRAL	11 JV/FROSH- @ WEST. CENT VARSITY FILM/RECOVERY
12	13 FROSH PRACTICE- 3:50-5:30 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	14 FROSH PRACTICE- 3:50-5:30 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	15 FROSH PRACTICE- 3:50-5:30 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	16 FROSH PRACTICE- 3:30-5:00 VARSITY PRACTICE- 3:30-5:00PM VARSITY FILM- 5-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	17 GAME 5- @ CENTRAL CROSSING	18 JV/FROSH- VS. CENTRAL CROSS VARSITY FILM/RECOVERY
19	20 FROSH PRACTICE- 3:50-5:30 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	21 FROSH PRACTICE- 3:50-5:30 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	22 FROSH PRACTICE- 3:50-5:30 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	23 FROSH PRACTICE- 3:30-5:00 VARSITY PRACTICE- 3:30-5:00PM VARSITY FILM- 5-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	24 GAME 6- BRADLEY	25 JV/FROSH- @ BRADLEY VARSITY FILM/RECOVERY
26	27 FROSH PRACTICE- 3:50-5:30 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	28 FROSH PRACTICE- 3:50-5:30 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	29 FROSH PRACTICE- 3:50-5:30 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	30 FROSH PRACTICE- 3:30-5:00 VARSITY PRACTICE- 3:30-5:00PM VARSITY FILM- 5-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	1 GAME 7- @ LIBERTY	2 JV/FROSH- VS. LIBERTY VARSITY FILM/RECOVERY
3	4	Notes				

October 2021

September '21							November '21						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4							
5	6	7	8	9	10	11	7	8	9	10	11	12	13
12	13	14	15	16	17	18	14	15	16	17	18	19	20
19	20	21	22	23	24	25	21	22	23	24	25	26	27
26	27	28	29	30			28	29	30				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
3	4 FROSH PRACTICE- 3:50-5:30 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	5 FROSH PRACTICE- 3:50-5:30 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	6 FROSH PRACTICE- 3:50-5:30 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	7 FROSH PRACTICE- 3:30-5:00 VARSITY PRACTICE- 3:30-5:00PM VARSITY FILM- 5-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	8 GAME 8- ORANGE	9 JV/FROSH- .@ORANGE VARSITY FILM/RECOVERY
10	11 FROSH PRACTICE- 3:50-5:30 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	12 FROSH PRACTICE- 3:50-5:30 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	13 FROSH PRACTICE- 3:50-5:30 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	14 FROSH PRACTICE- 3:30-5:00 VARSITY PRACTICE- 3:30-5:00PM VARSITY FILM- 5-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	15 GAME 9- @COFFMAN	16 JV/FROSH- VS. COFFMAN VARSITY FILM/RECOVERY
17	18 FROSH PRACTICE- 3:50-5:30 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	19 FROSH PRACTICE- 3:50-5:30 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	20 FROSH PRACTICE- 3:50-5:30 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	21 FROSH PRACTICE- 3:30-5:00 VARSITY PRACTICE- 3:30-5:00PM VARSITY FILM- 5-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	22 GAME 10- DAVIDSON	23 JV/FROSH- @ DAVIDSON VARSITY FILM/RECOVERY
24	25 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	26 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	27 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	28 VARSITY PRACTICE- 3:30-5:00PM VARSITY FILM- 5-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	29 GAME #11- 1st Round of Playoffs	30 VARSITY/JV- FILM/RECOVERY
31	1	Notes				

November 2021

October '21							December '21						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2				1	2	3	4
3	4	5	6	7	8	9	5	6	7	8	9	10	11
10	11	12	13	14	15	16	12	13	14	15	16	17	18
17	18	19	20	21	22	23	19	20	21	22	23	24	25
24	25	26	27	28	29	30	26	27	28	29	30	31	
31													

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	2 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	3 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	4 VARSITY PRACTICE- 3:30-5:00PM VARSITY FILM- 5-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	5 GAME #12- REGIONAL QUARTER-FINALS	6 VARSITY/JV- FILM/RECOVERY
7	8 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	9 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	10 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	11 VARSITY PRACTICE- 3:30-5:00PM VARSITY FILM- 5-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	12 GAME #13- REGIONAL SEMI-FINALS	13 VARSITY/JV- FILM/RECOVERY
14	15 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	16 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	17 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	18 VARSITY PRACTICE- 3:30-5:00PM VARSITY FILM- 5-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	19 GAME #14- REGIONAL FINALS	20 VARSITY/JV- FILM/RECOVERY
21	22 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	23 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	24 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	25 THANKSGIVING DAY PRACTICE VARSITY FILM- 7-7:45AM VARSITY PRACTICE- 8-9:30AM * TEAM BREAKFAST AFTER PRACTICE. * UAALUMNI INVITED TO PRACTICE	26 GAME #15- STATE SEMI-FINALS	27 VARSITY/JV- FILM/RECOVERY
28	29 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	30 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	1 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	2 VARSITY PRACTICE- 3:30-5:00PM VARSITY FILM- 5-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	3 GAME #16- D 1 STATE CHAMPIONSHIP GAME	4 VARSITY/JV- FILM/RECOVERY
5	6	Notes				

December 2021

November '21							January '22						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6							1
7	8	9	10	11	12	13	2	3	4	5	6	7	8
14	15	16	17	18	19	20	9	10	11	12	13	14	15
21	22	23	24	25	26	27	16	17	18	19	20	21	22
28	29	30					23	24	25	26	27	28	29
							30	31					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 VARSITY FILM- 3:15-3:45PM VARSITY PRACTICE- 4-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	2 VARSITY PRACTICE- 3:30-5:00PM VARSITY FILM- 5-6PM *LATE START/LUNCH/EARLY RELEASE LIFTING	3 GAME #16- D 1 STATE CHAMPIONSHIP GAME	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	Notes				