

IN-SEASON

Academic Progress/Eligibility- It is recommend that the Head Coach track each of his/her athletes in regards to grades. The Athletic Director will do a weekly grade check of any athlete during their season. *The KHSAA and John Hardin High School mandate that each student/athlete must be passing 75% of their current class load to be eligible on a weekly basis.* This rule equates to a student must be passing 4 of the 5 classes during the trimester in order to be eligible to play. The Athletic Director will submit to each coach a report of all students failing a class on their team. Ineligible players will be highlighted on the form. If you have an athlete that is ineligible for one week, he/she is not permitted to play and/or practice (KHSAA Bylaw 5; Section 3; Page 8).

TRAVEL AND PER DIEM

Over Night Sporting Events- All overnight athletic events and out of state competition (exception being regional or state competition) must be approved by the Superintendent. Games included on the regular schedule are approved by the Superintendent at the beginning of the season. Any added games or tournaments that are overnight must have individual approval. All travel using a commercial carrier must be approved by the Hardin County Board of Education. All player rooms must have an approved adult in the room. No exceptions (including region and state competition!)

Travel Per Diem- John Hardin High School has set a Travel Per Diem for athletic travel and meals. All athletic travel shall not exceed \$100.00 per day per student for any single athletic trip taken. This includes all school and booster monies spent during the trip. This will be monitored by the athletic director.

Bus Requests- All transportation requests (bus reservations) must be submitted to the bus garage prior to the start of your season. If you need to cancel a bus, inform Daniel Borders at the bus garage. Phone numbers to the bus garage are 769-8964 or 769-8890. If you have a regular driver, please let the bus garage know to ensure that driver drives for your team.

Transporting Students- It is recommended that no coach transport any student/athlete for any reason. If you transport an athlete you are assuming all responsibility.

Inclement Weather- It is mandated by the Hardin County Board of Education that all outdoor athletic teams must stop practice or playing when lightning is noticed.

Snow Days- Practice on snow days when school has been cancelled cannot begin before 12:30 p.m. Game decisions will be made by the Principal, Athletic Director, and Head Coach.

25, and going through July 9. School funds may not be expended in support of interscholastic athletics in any KHSAA sanctioned sport during this period (KHSAA Bylaw 26; Section 2; Page 15)

AWARDS

Prior to the beginning of the season, coaches will submit in writing to the Athletic Director requirements for earning varsity letter/certificate. Athletes and parents will be made aware of these requirements at the preseason parent/coaches meeting. In each varsity sport, the head coach will select awards to be presented at the end of season banquet.

UNIFORM REPLACEMENT POLICY (Recommended)

- Uniforms will be reviewed for safety and condition on an annual basis by the coaches.
- Varsity uniforms will be purchased on a need basis; usually every 4 years. Changes in style or fashion do not warrant purchasing new uniforms if the current uniform is still in good condition.
- If the majority of the team's uniforms are in good or excellent condition and less than ¼ in fair or poor condition, replacing the entire set is not necessary if matching replacement uniforms can be purchased.
- Whenever possible, varsity and junior varsity uniforms shall be identical. This allows for greater flexibility in sizing.
- Whenever possible, varsity uniforms will be passed down to the junior varsity, and junior varsity uniforms will be passed down to the freshman team. This will not be done if the uniforms are in poor condition or do not fit the majority of the team properly.

BOOSTER CLUB

As the coach of a specific sport it is your responsibility to stay in contact with the booster organization for your sport. The booster club is in existence to support the program with volunteer hours and financial help. The booster organization must abide by all school regulations and "red book" procedures. The coach will act as the liaison between the booster organization and the school athletic department.

ATHLETIC FACILITY RECOGNITION BANNERS/AWARDS/PLAQUES

Banners, plaques, and any other display of recognition may only be placed in or on an athletic facility in reference to a regional final or state level competition. Any such item must be approved by the high school administration and will be affixed by official high school personnel.

Additional information can be found in the KHSAA Handbook or can be accessed online at www.khsaa.org

If you have further questions concerning athletics please see your athletic director.

2009-10 2010-11 2011-12 2012-13 2013-14 2014-15 2015-16 2016-17 2017-18 2018-19 2019-20 2020-21 2021-22

Fall Sports

Boys Soccer			X			X				X		
Girls Soccer	X		X			X				X		
Boys X-Country	X				X				X			X
Girls X-Country	X				X				X			X
Boys Golf			X									
Girls Golf			X									
Football	X				X				X			X
Volleyball		X				X				X		

Winter Sports

Boys Basketball		X				X				X		
Girls Basketball		X				X				X		
Swimming												
Cheerleading		X				X				X		
Wrestling			X			X					X	
Boys Bowling			X			X					X	
Girls Bowling			X			X					X	

Spring Sports

Baseball			X			X					X	
Softball		X			X				X			
Boys Track	X				X				X			X
Girls Track	X				X				X			X
Boys Tennis			X			X					X	
Girls Tennis			X			X					X	

Soccer is getting new to abide by uniform changes new to 2012.

Assigned Team Locker Rooms

Baseball:

Locker room: Visiting team locker room in Field House.

Boys Basketball:

Locker room: Boys locker room main gymnasium.

Girls Basketball:

Locker room: Girls locker room main gymnasium.

Cheerleading:

Locker room: Room off small gymnasium.

Boys/Girls Cross Country:

Locker room: Boys and girls locker room between main and small gymnasium.

Boys/ Girls Golf:

Locker room: Off site at Lincoln Trail Country Club

Girls Soccer:

Locker room: Room off small gym, right side.

Boys Soccer:

Locker room: Main gym boy's locker room

Softball:

Locker room: Room off small gym, right side

Boys/ Girls Track:

Locker room: Locker rooms between main and small gymnasium.

Wrestling:

Locker room: Room off small gymnasium, right side.

Volleyball:

Locker room: Girls Locker room main Gymnasium.

Girls Tennis:

Locker room: Main Gym girl's locker room.

Boys Tennis:

Locker room: Main gym boy's locker room.

Football:

Locker room: Field House.

Bowling:

Locker room: Off site at Dixi-E-Town Lanes

Swimming:

Locker room: Off site at Fort Knox.

February, 2012

Cecil, Greg - Weight Room Schedule

January 2012							February 2012							March 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
01	02	03	04	05	06	07	29	30	31	01	02	03	04	26	27	28	29	01	02	03
08	09	10	11	12	13	14	05	06	07	08	09	10	11	04	05	06	07	08	09	10
15	16	17	18	19	20	21	12	13	14	15	16	17	18	11	12	13	14	15	16	17
22	23	24	25	26	27	28	19	20	21	22	23	24	25	18	19	20	21	22	23	24
29	30	31	01	02	03	04	26	27	28	29	01	02	03	25	26	27	28	29	30	31
05	06	07	08	09	10	11	04	05	06	07	08	09	10	01	02	03	04	05	06	07

Monday	Tuesday	Wednesday	Thursday	Friday
30 3:45 PM ⚽ Football (B/G) Weight Room 6:00 PM ⚾ Softball (G) Weight Room	31 3:45 PM ⚽ Football (B/G) Weight Room	Feb 1 3:45 PM ⚽ Football (B/G) Weight Room 4:45 PM ⚽ Wrestling(B/G) Weight Room	02 6:30 AM ⚽ Bowling (B/G) Weight Room 6:00 PM ⚾ Softball (G) Weight Room	03 4:45 PM ⚽ Wrestling(B/G) Weight Room
06 3:45 PM ⚽ Football (B/G) Weight Room 6:00 PM ⚾ Softball (G) Weight Room	07 6:30 AM ⚽ Bowling (B/G) Weight Room 3:45 PM ⚽ Football (B/G) Weight Room 4:45 PM ⚽ Soccer (G) Weight Room	08 3:45 PM ⚽ Football (B/G) Weight Room 4:45 PM ⚽ Wrestling(B/G) Weight Room	09 6:30 AM ⚽ Bowling (B/G) Weight Room 4:45 PM ⚽ Soccer (G) Weight Room 6:00 PM ⚾ Softball (G) Weight Room	10 4:45 PM ⚽ Wrestling(B/G) Weight Room
13 3:45 PM ⚽ Football (B/G) Weight Room 6:00 PM ⚾ Softball (G) Weight Room	14 6:30 AM ⚽ Bowling (B/G) Weight Room 3:45 PM ⚽ Football (B/G) Weight Room 4:45 PM ⚽ Soccer (G) Weight Room	15 3:45 PM ⚽ Football (B/G) Weight Room 4:45 PM ⚽ Wrestling(B/G) Weight Room	16 6:30 AM ⚽ Bowling (B/G) Weight Room 4:45 PM ⚽ Soccer (G) Weight Room 6:00 PM ⚾ Softball (G) Weight Room	17 4:45 PM ⚽ Wrestling(B/G) Weight Room
20 3:45 PM ⚽ Football (B/G) Weight Room	21 6:30 AM ⚽ Bowling (B/G) Weight Room 3:45 PM ⚽ Football (B/G) Weight Room 4:45 PM ⚽ Soccer (G) Weight Room 6:00 PM ⚾ Baseball (B) Weight Room	22 3:45 PM ⚽ Football (B/G) Weight Room 4:45 PM ⚽ Wrestling(B/G) Weight Room	23 6:30 AM ⚽ Bowling (B/G) Weight Room 4:45 PM ⚽ Soccer (G) Weight Room	24 4:45 PM ⚽ Wrestling(B/G) Weight Room 6:00 PM ⚾ Baseball (B) Weight Room
27 3:45 PM ⚽ Football (B/G) Weight Room	28 6:30 AM ⚽ Bowling (B/G) Weight Room 3:45 PM ⚽ Football (B/G) Weight Room 4:45 PM ⚽ Soccer (G) Weight Room 6:00 PM ⚾ Baseball (B) Weight Room	29 3:45 PM ⚽ Football (B/G) Weight Room	Mar 1 6:30 AM ⚽ Bowling (B/G) Weight Room 4:45 PM ⚽ Soccer (G) Weight Room	02 6:00 PM ⚾ Baseball (B) Weight Room

March, 2012

Cecil, Greg - Weight Room Schedule

February 2012							March 2012							April 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
29	30	31	01	02	03	04	26	27	28	29	01	02	03	01	02	03	04	05	06	07
05	06	07	08	09	10	11	04	05	06	07	08	09	10	08	09	10	11	12	13	14
12	13	14	15	16	17	18	11	12	13	14	15	16	17	15	16	17	18	19	20	21
19	20	21	22	23	24	25	18	19	20	21	22	23	24	22	23	24	25	26	27	28
26	27	28	29	01	02	03	25	26	27	28	29	30	31	29	30	01	02	03	04	05
04	05	06	07	08	09	10	01	02	03	04	05	06	07	06	07	08	09	10	11	12

Monday	Tuesday	Wednesday	Thursday	Friday
27 3:45 PM ♣ Football (B/G) Weight Room	28 6:30 AM ♣ Bowling (B/G) Weight Room 3:45 PM ♣ Football (B/G) Weight Room 4:45 PM ♣ Soccer (G) Weight Room 6:00 PM ♣ Baseball (B) Weight Room	29 3:45 PM ♣ Football (B/G) Weight Room	Mar 1 6:30 AM ♣ Bowling (B/G) Weight Room 4:45 PM ♣ Soccer (G) Weight Room	02 6:00 PM ♣ Baseball (B) Weight Room
05 3:45 PM ♣ Football (B/G) Weight Room	06 6:30 AM ♣ Bowling (B/G) Weight Room 3:45 PM ♣ Football (B/G) Weight Room 4:45 PM ♣ Soccer (G) Weight Room 6:00 PM ♣ Baseball (B) Weight Room	07 3:45 PM ♣ Football (B/G) Weight Room	08 6:30 AM ♣ Bowling (B/G) Weight Room 4:45 PM ♣ Soccer (G) Weight Room	09 6:00 PM ♣ Baseball (B) Weight Room
12 3:45 PM ♣ Football (B/G) Weight Room	13 6:30 AM ♣ Bowling (B/G) Weight Room 3:45 PM ♣ Football (B/G) Weight Room 4:45 PM ♣ Soccer (G) Weight Room 6:00 PM ♣ Baseball (B) Weight Room	14 3:45 PM ♣ Football (B/G) Weight Room	15 6:30 AM ♣ Bowling (B/G) Weight Room 4:45 PM ♣ Soccer (G) Weight Room	16 6:00 PM ♣ Baseball (B) Weight Room
19 3:45 PM ♣ Football (B/G) Weight Room	20 6:30 AM ♣ Bowling (B/G) Weight Room 3:45 PM ♣ Football (B/G) Weight Room 4:45 PM ♣ Soccer (G) Weight Room 6:00 PM ♣ Baseball (B) Weight Room	21 3:45 PM ♣ Football (B/G) Weight Room	22 6:30 AM ♣ Bowling (B/G) Weight Room 4:45 PM ♣ Soccer (G) Weight Room	23 6:00 PM ♣ Baseball (B) Weight Room
26 3:45 PM ♣ Football (B/G) Weight Room	27 6:30 AM ♣ Bowling (B/G) Weight Room 3:45 PM ♣ Football (B/G) Weight Room 4:45 PM ♣ Soccer (G) Weight Room	28 3:45 PM ♣ Football (B/G) Weight Room	29 6:30 AM ♣ Bowling (B/G) Weight Room 4:45 PM ♣ Soccer (G) Weight Room	30

April, 2012

Cecil, Greg - Weight Room Schedule

March 2012							April 2012							May 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
26	27	28	29	01	02	03	01	02	03	04	05	06	07	29	30	01	02	03	04	05
04	05	06	07	08	09	10	08	09	10	11	12	13	14	06	07	08	09	10	11	12
11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19
18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26
25	26	27	28	29	30	31	29	30	01	02	03	04	05	27	28	29	30	31	01	02
01	02	03	04	05	06	07	06	07	08	09	10	11	12	03	04	05	06	07	08	09

Monday	Tuesday	Wednesday	Thursday	Friday
02 3:45 PM ◊ Football (B/G) Weight Room	03 3:45 PM ◊ Football (B/G) Weight Room 4:45 PM ◊ Soccer (G) Weight Room	04 3:45 PM ◊ Football (B/G) Weight Room	05 4:45 PM ◊ Soccer (G) Weight Room	06
09 3:45 PM ◊ Football (B/G) Weight Room	10 3:45 PM ◊ Football (B/G) Weight Room 4:45 PM ◊ Soccer (G) Weight Room	11 3:45 PM ◊ Football (B/G) Weight Room	12 4:45 PM ◊ Soccer (G) Weight Room	13
16 3:45 PM ◊ Football (B/G) Weight Room	17 3:45 PM ◊ Football (B/G) Weight Room 4:45 PM ◊ Soccer (G) Weight Room	18 3:45 PM ◊ Football (B/G) Weight Room	19 4:45 PM ◊ Soccer (G) Weight Room	20
23 3:45 PM ◊ Football (B/G) Weight Room	24 3:45 PM ◊ Football (B/G) Weight Room 4:45 PM ◊ Soccer (G) Weight Room	25 3:45 PM ◊ Football (B/G) Weight Room	26 4:45 PM ◊ Soccer (G) Weight Room	27
30 3:45 PM ◊ Football (B/G) Weight Room	May 1 3:45 PM ◊ Football (B/G) Weight Room	02 3:45 PM ◊ Football (B/G) Weight Room	03	04

May, 2012

Cecil, Greg - Weight Room Schedule

April 2012							May 2012							June 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
01	02	03	04	05	06	07	29	30	01	02	03	04	05	27	28	29	30	31	01	02
08	09	10	11	12	13	14	06	07	08	09	10	11	12	03	04	05	06	07	08	09
15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16
22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23
29	30	01	02	03	04	05	27	28	29	30	31	01	02	24	25	26	27	28	29	30
06	07	08	09	10	11	12	03	04	05	06	07	08	09	01	02	03	04	05	06	07

Monday	Tuesday	Wednesday	Thursday	Friday
30 3:45 PM Football (B/G) Weight Room	May 1 3:45 PM Football (B/G) Weight Room	02 3:45 PM Football (B/G) Weight Room	03	04
07 3:45 PM Football (B/G) Weight Room	08 3:45 PM Football (B/G) Weight Room	09 3:45 PM Football (B/G) Weight Room	10	11
14 3:45 PM Football (B/G) Weight Room	15 3:45 PM Football (B/G) Weight Room	16 3:45 PM Football (B/G) Weight Room	17	18
21 3:45 PM Football (B/G) Weight Room	22 3:45 PM Football (B/G) Weight Room	23 3:45 PM Football (B/G) Weight Room	24	25
28 3:45 PM Football (B/G) Weight Room	29 3:45 PM Football (B/G) Weight Room	30 3:45 PM Football (B/G) Weight Room	31	Jun 1

June, 2012

Cecil, Greg - Weight Room Schedule

May 2012							June 2012							July 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
29	30	01	02	03	04	05	27	28	29	30	31	01	02	01	02	03	04	05	06	07
06	07	08	09	10	11	12	03	04	05	06	07	08	09	08	09	10	11	12	13	14
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28
27	28	29	30	31	01	02	24	25	26	27	28	29	30	29	30	31	01	02	03	04
03	04	05	06	07	08	09	01	02	03	04	05	06	07	05	06	07	08	09	10	11

Monday	Tuesday	Wednesday	Thursday	Friday
28 3:45 PM ◊ Football (B/G) Weight Room	29 3:45 PM ◊ Football (B/G) Weight Room	30 3:45 PM ◊ Football (B/G) Weight Room	31	Jun 1
04	05	06	07	08
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

July, 2012

Cecil, Greg - Weight Room Schedule

June 2012							July 2012							August 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
27	28	29	30	31	01	02	01	02	03	04	05	06	07	29	30	31	01	02	03	04
03	04	05	06	07	08	09	08	09	10	11	12	13	14	05	06	07	08	09	10	11
10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18
17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25
24	25	26	27	28	29	30	29	30	31	01	02	03	04	26	27	28	29	30	31	01
01	02	03	04	05	06	07	05	06	07	08	09	10	11	02	03	04	05	06	07	08

Monday	Tuesday	Wednesday	Thursday	Friday
02	03	04	05	06
09	10	11	12	13
15 5:30 PM ◊ Football (B) Weight Room	17 7:00 AM ◊ Golf (B/G) Weight Room 4:30 PM ◊ Soccer (B) Weight Room 5:30 PM ◊ Football (B) Weight Room	18 5:30 PM ◊ Football (B) Weight Room	19 7:00 AM ◊ Golf (B/G) Weight Room 4:30 PM ◊ Soccer (B) Weight Room	20
23 5:30 PM ◊ Football (B) Weight Room	24 7:00 AM ◊ Golf (B/G) Weight Room 4:30 PM ◊ Soccer (B) Weight Room 5:30 PM ◊ Football (B) Weight Room	25 5:30 PM ◊ Football (B) Weight Room	26 7:00 AM ◊ Golf (B/G) Weight Room 4:30 PM ◊ Soccer (B) Weight Room	27
30 5:30 PM ◊ Football (B) Weight Room	31 7:00 AM ◊ Golf (B/G) Weight Room 4:30 PM ◊ Soccer (B) Weight Room 5:30 PM ◊ Football (B) Weight Room	Aug 1 5:30 PM ◊ Football (B) Weight Room	02 7:00 AM ◊ Golf (B/G) Weight Room 4:30 PM ◊ Soccer (B) Weight Room	03

August, 2012

Cecil, Greg - Weight Room Schedule

July 2012							August 2012							September 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
01	02	03	04	05	06	07	29	30	31	01	02	03	04	26	27	28	29	30	31	01
08	09	10	11	12	13	14	05	06	07	08	09	10	11	02	03	04	05	06	07	08
15	16	17	18	19	20	21	12	13	14	15	16	17	18	09	10	11	12	13	14	15
22	23	24	25	26	27	28	19	20	21	22	23	24	25	16	17	18	19	20	21	22
29	30	31	01	02	03	04	26	27	28	29	30	31	01	23	24	25	26	27	28	29
05	06	07	08	09	10	11	02	03	04	05	06	07	08	30	01	02	03	04	05	06

Monday	Tuesday	Wednesday	Thursday	Friday
30 5:30 PM ⚽ Football (B) Weight Room	31 7:00 AM ⚽ Golf (B/G) Weight Room 4:30 PM ⚽ Soccer (B) Weight Room 5:30 PM ⚽ Football (B) Weight Room	Aug 1 5:30 PM ⚽ Football (B) Weight Room	02 7:00 AM ⚽ Golf (B/G) Weight Room 4:30 PM ⚽ Soccer (B) Weight Room	03
05 7:00 AM ⚽ Cross Country (B) Weight Room 7:30 AM ⚽ Cross Country (G) Weight Room 5:30 PM ⚽ Football (B) Weight Room	07 7:30 AM ⚽ Cross Country (G) Weight Room 4:30 PM ⚽ Soccer (B) Weight Room 5:30 PM ⚽ Football (B) Weight Room	08 7:00 AM ⚽ Cross Country (B) Weight Room 7:30 AM ⚽ Cross Country (G) Weight Room 5:30 PM ⚽ Football (B) Weight Room	09 7:30 AM ⚽ Cross Country (G) Weight Room 4:30 PM ⚽ Soccer (B) Weight Room	10 7:00 AM ⚽ Cross Country (B) Weight Room 7:30 AM ⚽ Cross Country (G) Weight Room
13 7:00 AM ⚽ Cross Country (B) Weight Room 7:30 AM ⚽ Cross Country (G) Weight Room 5:30 PM ⚽ Football (B) Weight Room	14 7:30 AM ⚽ Cross Country (G) Weight Room 5:00 PM ⚽ Volleyball (G) Weight Lifting 5:30 PM ⚽ Football (B) Weight Room	15 7:00 AM ⚽ Cross Country (B) Weight Room 7:30 AM ⚽ Cross Country (G) Weight Room 5:30 PM ⚽ Football (B) Weight Room	16 7:30 AM ⚽ Cross Country (G) Weight Room 5:00 PM ⚽ Volleyball (G) Weight Lifting	17 7:00 AM ⚽ Cross Country (B) Weight Room 7:30 AM ⚽ Cross Country (G) Weight Room
20 7:00 AM ⚽ Cross Country (B) Weight Room 7:30 AM ⚽ Cross Country (G) Weight Room 5:30 PM ⚽ Football (B) Weight Room	21 7:30 AM ⚽ Cross Country (G) Weight Room 5:00 PM ⚽ Volleyball (G) Weight Lifting 5:30 PM ⚽ Football (B) Weight Room	22 7:00 AM ⚽ Cross Country (B) Weight Room 7:30 AM ⚽ Cross Country (G) Weight Room 5:30 PM ⚽ Football (B) Weight Room	23 7:30 AM ⚽ Cross Country (G) Weight Room 5:00 PM ⚽ Volleyball (G) Weight Lifting	24 7:00 AM ⚽ Cross Country (B) Weight Room 7:30 AM ⚽ Cross Country (G) Weight Room
27 7:00 AM ⚽ Cross Country (B) Weight Room 7:30 AM ⚽ Cross Country (G) Weight Room 3:45 PM ⚽ Basketball (B) Weight Room 5:00 PM ⚽ Basketball (G) Weight Room 5:30 PM ⚽ Football (B) Weight Room	28 7:30 AM ⚽ Cross Country (G) Weight Room 5:00 PM ⚽ Volleyball (G) Weight Lifting 5:30 PM ⚽ Football (B) Weight Room	29 7:00 AM ⚽ Cross Country (B) Weight Room 7:30 AM ⚽ Cross Country (G) Weight Room 3:45 PM ⚽ Basketball (B) Weight Room 5:00 PM ⚽ Basketball (G) Weight Room 5:30 PM ⚽ Football (B) Weight Room	30 7:30 AM ⚽ Cross Country (G) Weight Room 5:00 PM ⚽ Volleyball (G) Weight Lifting	31 7:00 AM ⚽ Cross Country (B) Weight Room 7:30 AM ⚽ Cross Country (G) Weight Room 3:45 PM ⚽ Basketball (B) Weight Room 5:00 PM ⚽ Basketball (G) Weight Room

September, 2012

Cecil, Greg - Weight Room Schedule

August 2012							September 2012							October 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
29	30	31	01	02	03	04	26	27	28	29	30	31	01	30	01	02	03	04	05	06
05	06	07	08	09	10	11	02	03	04	05	06	07	08	07	08	09	10	11	12	13
12	13	14	15	16	17	18	09	10	11	12	13	14	15	14	15	16	17	18	19	20
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27
26	27	28	29	30	31	01	23	24	25	26	27	28	29	28	29	30	31	01	02	03
02	03	04	05	06	07	08	30	01	02	03	04	05	06	04	05	06	07	08	09	10

Monday	Tuesday	Wednesday	Thursday	Friday
27 7:00 AM ☺ Cross Country (B) Weight Room 7:30 AM ☺ Cross Country (G) Weight Room 3:45 PM ☺ Basketball (B) Weight Room 5:00 PM ☺ Basketball (G) Weight Room 5:30 PM ☺ Football (B) Weight Room	28 7:30 AM ☺ Cross Country (G) Weight Room 5:00 PM ☺ Volleyball (G) Weight Lifting 5:30 PM ☺ Football (B) Weight Room	29 7:00 AM ☺ Cross Country (B) Weight Room 7:30 AM ☺ Cross Country (G) Weight Room 3:45 PM ☺ Basketball (B) Weight Room 5:00 PM ☺ Basketball (G) Weight Room 5:30 PM ☺ Football (B) Weight Room	30 7:30 AM ☺ Cross Country (G) Weight Room 5:00 PM ☺ Volleyball (G) Weight Lifting	31 7:00 AM ☺ Cross Country (B) Weight Room 7:30 AM ☺ Cross Country (G) Weight Room 3:45 PM ☺ Basketball (B) Weight Room 5:00 PM ☺ Basketball (G) Weight Room
03 7:00 AM ☺ Cross Country (B) Weight Room 7:30 AM ☺ Cross Country (G) Weight Room 3:45 PM ☺ Basketball (B) Weight Room 5:00 PM ☺ Basketball (G) Weight Room 5:30 PM ☺ Football (B) Weight Room	04 7:30 AM ☺ Cross Country (G) Weight Room 5:00 PM ☺ Volleyball (G) Weight Lifting 5:30 PM ☺ Football (B) Weight Room	05 7:00 AM ☺ Cross Country (B) Weight Room 7:30 AM ☺ Cross Country (G) Weight Room 3:45 PM ☺ Basketball (B) Weight Room 5:00 PM ☺ Basketball (G) Weight Room 5:30 PM ☺ Football (B) Weight Room	06 7:30 AM ☺ Cross Country (G) Weight Room 5:00 PM ☺ Volleyball (G) Weight Lifting	07 7:00 AM ☺ Cross Country (B) Weight Room 7:30 AM ☺ Cross Country (G) Weight Room 3:45 PM ☺ Basketball (B) Weight Room 5:00 PM ☺ Basketball (G) Weight Room
10 7:00 AM ☺ Cross Country (B) Weight Room 7:30 AM ☺ Cross Country (G) Weight Room 3:45 PM ☺ Basketball (B) Weight Room 5:00 PM ☺ Basketball (G) Weight Room 5:30 PM ☺ Football (B) Weight Room	11 7:30 AM ☺ Cross Country (G) Weight Room 5:00 PM ☺ Volleyball (G) Weight Lifting 5:30 PM ☺ Football (B) Weight Room	12 7:00 AM ☺ Cross Country (B) Weight Room 7:30 AM ☺ Cross Country (G) Weight Room 3:45 PM ☺ Basketball (B) Weight Room 5:00 PM ☺ Basketball (G) Weight Room 5:30 PM ☺ Football (B) Weight Room	13 7:30 AM ☺ Cross Country (G) Weight Room 5:00 PM ☺ Volleyball (G) Weight Lifting	14 7:00 AM ☺ Cross Country (B) Weight Room 7:30 AM ☺ Cross Country (G) Weight Room 3:45 PM ☺ Basketball (B) Weight Room 5:00 PM ☺ Basketball (G) Weight Room
17 7:00 AM ☺ Cross Country (B) Weight Room 7:30 AM ☺ Cross Country (G) Weight Room 3:45 PM ☺ Basketball (B) Weight Room 5:00 PM ☺ Basketball (G) Weight Room 5:30 PM ☺ Football (B) Weight Room	18 7:30 AM ☺ Cross Country (G) Weight Room 5:00 PM ☺ Volleyball (G) Weight Lifting 5:30 PM ☺ Football (B) Weight Room	19 7:00 AM ☺ Cross Country (B) Weight Room 7:30 AM ☺ Cross Country (G) Weight Room 3:45 PM ☺ Basketball (B) Weight Room 5:00 PM ☺ Basketball (G) Weight Room 5:30 PM ☺ Football (B) Weight Room	20 7:30 AM ☺ Cross Country (G) Weight Room 5:00 PM ☺ Volleyball (G) Weight Lifting	21 7:00 AM ☺ Cross Country (B) Weight Room 7:30 AM ☺ Cross Country (G) Weight Room 3:45 PM ☺ Basketball (B) Weight Room 5:00 PM ☺ Basketball (G) Weight Room
24 7:00 AM ☺ Cross Country (B) Weight Room 7:30 AM ☺ Cross Country (G) Weight Room 3:45 PM ☺ Basketball (B) Weight Room 5:00 PM ☺ Basketball (G) Weight Room 5:30 PM ☺ Football (B) Weight Room	25 7:30 AM ☺ Cross Country (G) Weight Room 5:30 PM ☺ Football (B) Weight Room	26 7:00 AM ☺ Cross Country (B) Weight Room 7:30 AM ☺ Cross Country (G) Weight Room 3:45 PM ☺ Basketball (B) Weight Room 5:00 PM ☺ Basketball (G) Weight Room 5:30 PM ☺ Football (B) Weight Room	27 7:30 AM ☺ Cross Country (G) Weight Room 5:00 PM ☺ Volleyball (G) Weight Lifting	28 7:00 AM ☺ Cross Country (B) Weight Room 7:30 AM ☺ Cross Country (G) Weight Room 3:45 PM ☺ Basketball (B) Weight Room 5:00 PM ☺ Basketball (G) Weight Room
01 7:00 AM ☺ Cross Country (B) Weight Room 7:30 AM ☺ Cross Country (G) Weight Room 3:45 PM ☺ Basketball (B) Weight Room 5:00 PM ☺ Basketball (G) Weight Room 5:30 PM ☺ Football (B) Weight Room	02 6:30 AM ☺ Bowling (B/G) Weight Room 7:30 AM ☺ Cross Country (G) Weight Room 3:30 PM ☺ Swimming (B/G) Weight Room 5:30 PM ☺ Football (B) Weight Room	03 7:00 AM ☺ Cross Country (B) Weight Room 7:30 AM ☺ Cross Country (G) Weight Room 3:45 PM ☺ Basketball (B) Weight Room 5:00 PM ☺ Basketball (G) Weight Room 5:30 PM ☺ Football (B) Weight Room	04 6:30 AM ☺ Bowling (B/G) Weight Room 7:30 AM ☺ Cross Country (G) Weight Room 3:30 PM ☺ Swimming (B/G) Weight Room	05 7:00 AM ☺ Cross Country (B) Weight Room 7:30 AM ☺ Cross Country (G) Weight Room 3:45 PM ☺ Basketball (B) Weight Room 5:00 PM ☺ Basketball (G) Weight Room

October, 2012

Cecil, Greg - Weight Room Schedule

September 2012							October 2012							November 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
26	27	28	29	30	31	01	30	01	02	03	04	05	06	28	29	30	31	01	02	03
02	03	04	05	06	07	08	07	08	09	10	11	12	13	04	05	06	07	08	09	10
09	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24
23	24	25	26	27	28	29	28	29	30	31	01	02	03	25	26	27	28	29	30	01
30	01	02	03	04	05	06	04	05	06	07	08	09	10	02	03	04	05	06	07	08

Monday	Tuesday	Wednesday	Thursday	Friday
Oct 1	02	03	04	05
7:00 AM ⚡ Cross Country (B) Weight Room	6:30 AM ⚡ Bowling (B/G) Weight Room	7:00 AM ⚡ Cross Country (B) Weight Room	6:30 AM ⚡ Bowling (B/G) Weight Room	7:00 AM ⚡ Cross Country (B) Weight Room
7:30 AM ⚡ Cross Country (G) Weight Room	7:30 AM ⚡ Cross Country (G) Weight Room	7:30 AM ⚡ Cross Country (G) Weight Room	7:30 AM ⚡ Cross Country (G) Weight Room	7:30 AM ⚡ Cross Country (G) Weight Room
3:45 PM ⚡ Basketball (B) Weight Room	3:30 PM ⚡ Swimming (B/G) Weight Room	3:45 PM ⚡ Basketball (B) Weight Room	3:30 PM ⚡ Swimming (B/G) Weight Room	3:45 PM ⚡ Basketball (B) Weight Room
5:00 PM ⚡ Basketball (G) Weight Room	5:30 PM ⚡ Football (B) Weight Room	5:00 PM ⚡ Basketball (G) Weight Room		5:00 PM ⚡ Basketball (G) Weight Room
5:30 PM ⚡ Football (B) Weight Room		5:30 PM ⚡ Football (B) Weight Room		
08	09	10	11	12
7:00 AM ⚡ Cross Country (B) Weight Room	6:30 AM ⚡ Bowling (B/G) Weight Room	7:00 AM ⚡ Cross Country (B) Weight Room	6:30 AM ⚡ Bowling (B/G) Weight Room	7:00 AM ⚡ Cross Country (B) Weight Room
7:30 AM ⚡ Cross Country (G) Weight Room	7:30 AM ⚡ Cross Country (G) Weight Room	7:30 AM ⚡ Cross Country (G) Weight Room	7:30 AM ⚡ Cross Country (G) Weight Room	7:30 AM ⚡ Cross Country (G) Weight Room
3:45 PM ⚡ Basketball (B) Weight Room	3:30 PM ⚡ Swimming (B/G) Weight Room	3:45 PM ⚡ Basketball (B) Weight Room	3:30 PM ⚡ Swimming (B/G) Weight Room	3:45 PM ⚡ Basketball (B) Weight Room
5:00 PM ⚡ Basketball (G) Weight Room	5:30 PM ⚡ Football (B) Weight Room	5:00 PM ⚡ Basketball (G) Weight Room		5:00 PM ⚡ Basketball (G) Weight Room
5:30 PM ⚡ Football (B) Weight Room		5:30 PM ⚡ Football (B) Weight Room		
15	16	17	18	19
7:00 AM ⚡ Cross Country (B) Weight Room	6:30 AM ⚡ Bowling (B/G) Weight Room	7:00 AM ⚡ Cross Country (B) Weight Room	6:30 AM ⚡ Bowling (B/G) Weight Room	7:00 AM ⚡ Cross Country (B) Weight Room
7:30 AM ⚡ Cross Country (G) Weight Room	7:30 AM ⚡ Cross Country (G) Weight Room	7:30 AM ⚡ Cross Country (G) Weight Room	7:30 AM ⚡ Cross Country (G) Weight Room	7:30 AM ⚡ Cross Country (G) Weight Room
3:45 PM ⚡ Basketball (B) Weight Room	3:30 PM ⚡ Swimming (B/G) Weight Room	5:30 PM ⚡ Football (B) Weight Room	3:30 PM ⚡ Swimming (B/G) Weight Room	
5:30 PM ⚡ Football (B) Weight Room	4:30 PM ⚡ Wrestling (B/G) Weight Room		4:30 PM ⚡ Wrestling (B/G) Weight Room	
	5:30 PM ⚡ Football (B) Weight Room			
22	23	24	25	26
7:00 AM ⚡ Cross Country (B) Weight Room	6:30 AM ⚡ Bowling (B/G) Weight Room	7:00 AM ⚡ Cross Country (B) Weight Room	6:30 AM ⚡ Bowling (B/G) Weight Room	7:00 AM ⚡ Cross Country (B) Weight Room
7:30 AM ⚡ Cross Country (G) Weight Room	7:30 AM ⚡ Cross Country (G) Weight Room	7:30 AM ⚡ Cross Country (G) Weight Room	7:30 AM ⚡ Cross Country (G) Weight Room	7:30 AM ⚡ Cross Country (G) Weight Room
5:30 PM ⚡ Football (B) Weight Room	3:30 PM ⚡ Swimming (B/G) Weight Room	5:30 PM ⚡ Football (B) Weight Room	3:30 PM ⚡ Swimming (B/G) Weight Room	
	4:30 PM ⚡ Wrestling (B/G) Weight Room		4:30 PM ⚡ Wrestling (B/G) Weight Room	
	5:30 PM ⚡ Football (B) Weight Room			
29	30	31	Nov 1	02
7:00 AM ⚡ Cross Country (B) Weight Room	6:30 AM ⚡ Bowling (B/G) Weight Room	7:00 AM ⚡ Cross Country (B) Weight Room	6:30 AM ⚡ Bowling (B/G) Weight Room	
7:30 AM ⚡ Cross Country (G) Weight Room	7:30 AM ⚡ Cross Country (G) Weight Room	7:30 AM ⚡ Cross Country (G) Weight Room	5:30 PM ⚡ Swimming (B/G) Weight Room	
5:30 PM ⚡ Football (B) Weight Room	3:30 PM ⚡ Swimming (B/G) Weight Room	5:30 PM ⚡ Football (B) Weight Room	4:30 PM ⚡ Wrestling (B/G) Weight Room	
	4:30 PM ⚡ Wrestling (B/G) Weight Room			
	5:30 PM ⚡ Football (B) Weight Room			

November, 2012

Cecil, Greg - Weight Room Schedule

October 2012							November 2012							December 2012						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
30	01	02	03	04	05	06	28	29	30	31	01	02	03	25	26	27	28	29	30	01
07	08	09	10	11	12	13	04	05	06	07	08	09	10	02	03	04	05	06	07	08
14	15	16	17	18	19	20	11	12	13	14	15	16	17	09	10	11	12	13	14	15
21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22
28	29	30	31	01	02	03	25	26	27	28	29	30	01	23	24	25	26	27	28	29
04	05	06	07	08	09	10	02	03	04	05	06	07	08	30	31	01	02	03	04	05

Monday	Tuesday	Wednesday	Thursday	Friday
29 7:00 AM ☐ Cross Country (B) Weight Room 7:30 AM ☐ Cross Country (G) Weight Room 5:30 PM ☐ Football (B) Weight Room	30 6:30 AM ☐ Bowling (B/G) Weight Room 7:30 AM ☐ Cross Country (G) Weight Room 3:30 PM ☐ Swimming (B/G) Weight Room 4:30 PM ☐ Wrestling(B/G) Weight Room 5:30 PM ☐ Football (B) Weight Room	31 7:00 AM ☐ Cross Country (B) Weight Room 7:30 AM ☐ Cross Country (G) Weight Room 5:30 PM ☐ Football (B) Weight Room	Nov 1 6:30 AM ☐ Bowling (B/G) Weight Room 3:30 PM ☐ Swimming (B/G) Weight Room 4:30 PM ☐ Wrestling(B/G) Weight Room	02
05 5:30 PM ☐ Football (B) Weight Room	06 6:30 AM ☐ Bowling (B/G) Weight Room 3:30 PM ☐ Swimming (B/G) Weight Room 4:30 PM ☐ Wrestling(B/G) Weight Room 5:30 PM ☐ Football (B) Weight Room	07 5:30 PM ☐ Football (B) Weight Room	08 6:30 AM ☐ Bowling (B/G) Weight Room 3:30 PM ☐ Swimming (B/G) Weight Room 4:30 PM ☐ Wrestling(B/G) Weight Room	09
12 5:30 PM ☐ Football (B) Weight Room	13 6:30 AM ☐ Bowling (B/G) Weight Room 3:30 PM ☐ Track (B/G) Weight Room 4:30 PM ☐ Wrestling(B/G) Weight Room 5:30 PM ☐ Football (B) Weight Room	14 5:30 PM ☐ Football (B) Weight Room	15 6:30 AM ☐ Bowling (B/G) Weight Room 3:30 PM ☐ Track (B/G) Weight Room 4:30 PM ☐ Wrestling(B/G) Weight Room	16
19 5:30 PM ☐ Football (B) Weight Room	20 6:30 AM ☐ Bowling (B/G) Weight Room 3:30 PM ☐ Track (B/G) Weight Room 4:30 PM ☐ Wrestling(B/G) Weight Room 5:30 PM ☐ Football (B) Weight Room	21 5:30 PM ☐ Football (B) Weight Room	22	23
26 5:30 PM ☐ Football (B) Weight Room	27 6:30 AM ☐ Bowling (B/G) Weight Room 3:30 PM ☐ Track (B/G) Weight Room 4:30 PM ☐ Wrestling(B/G) Weight Room 5:30 PM ☐ Football (B) Weight Room	28 5:30 PM ☐ Football (B) Weight Room	29 6:30 AM ☐ Bowling (B/G) Weight Room 3:30 PM ☐ Track (B/G) Weight Room 4:30 PM ☐ Wrestling(B/G) Weight Room	30

December, 2012

Cecil, Greg - Weight Room Schedule

November 2012							December 2012							January 2013						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
28	29	30	31	01	02	03	25	26	27	28	29	30	01	30	31	01	02	03	04	05
04	05	06	07	08	09	10	02	03	04	05	06	07	08	06	07	08	09	10	11	12
11	12	13	14	15	16	17	09	10	11	12	13	14	15	13	14	15	16	17	18	19
18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26
25	26	27	28	29	30	01	23	24	25	26	27	28	29	27	28	29	30	31	01	02
02	03	04	05	06	07	08	30	31	01	02	03	04	05	03	04	05	06	07	08	09

Monday	Tuesday	Wednesday	Thursday	Friday
26 5:30 PM ◊ Football (B) Weight Room	27 6:30 AM ◊ Bowling (B/G) Weight Room 3:30 PM ◊ Track (B/G) Weight Room 4:30 PM ◊ Wrestling(B/G) Weight Room 5:30 PM ◊ Football (B) Weight Room	28 5:30 PM ◊ Football (B) Weight Room	29 6:30 AM ◊ Bowling (B/G) Weight Room 3:30 PM ◊ Track (B/G) Weight Room 4:30 PM ◊ Wrestling(B/G) Weight Room	30
03	04 6:30 AM ◊ Bowling (B/G) Weight Room 3:30 PM ◊ Track (B/G) Weight Room 4:30 PM ◊ Wrestling(B/G) Weight Room	05	06 6:30 AM ◊ Bowling (B/G) Weight Room 3:30 PM ◊ Track (B/G) Weight Room 4:30 PM ◊ Wrestling(B/G) Weight Room	07
10	11 6:30 AM ◊ Bowling (B/G) Weight Room 3:30 PM ◊ Track (B/G) Weight Room 4:30 PM ◊ Wrestling(B/G) Weight Room	12	13 6:30 AM ◊ Bowling (B/G) Weight Room 3:30 PM ◊ Track (B/G) Weight Room 4:30 PM ◊ Wrestling(B/G) Weight Room	14
17	18 6:30 AM ◊ Bowling (B/G) Weight Room 3:30 PM ◊ Track (B/G) Weight Room 4:30 PM ◊ Wrestling(B/G) Weight Room	19	20 6:30 AM ◊ Bowling (B/G) Weight Room 3:30 PM ◊ Track (B/G) Weight Room 4:30 PM ◊ Wrestling(B/G) Weight Room	21
24	25	26	27	28
31 6:30 AM ◊ Bowling (B/G) Weight Room 3:45 PM ◊ Football (B) Weight Room	Jan 1 6:30 AM ◊ Bowling (B/G) Weight Room 3:45 PM ◊ Football (B) Weight Room	02 3:45 PM ◊ Football (B) Weight Room 4:45 PM ◊ Wrestling Weight Room	03 6:30 AM ◊ Bowling (B/G) Weight Room 3:45 PM ◊ Tennis (G/B)	04 4:45 PM ◊ Wrestling Weight Room

Cecil, Greg - Weight Room Schedule

January, 2013

Cecil, Greg - Weight Room Schedule

December 2012							January 2013							February 2013						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
25	26	27	28	29	30	01	30	31	01	02	03	04	05	27	28	29	30	31	01	02
02	03	04	05	06	07	08	06	07	08	09	10	11	12	03	04	05	06	07	08	09
09	10	11	12	13	14	15	13	14	15	16	17	18	19	10	11	12	13	14	15	16
16	17	18	19	20	21	22	20	21	22	23	24	25	26	17	18	19	20	21	22	23
23	24	25	26	27	28	29	27	28	29	30	31	01	02	24	25	26	27	28	01	02
30	31	01	02	03	04	05	03	04	05	06	07	08	09	03	04	05	06	07	08	09

Monday	Tuesday	Wednesday	Thursday	Friday
31	Jan 1 6:30 AM ⚾ Bowling (B/G) Weight Room 3:45 PM ⚾ Football (B) Weight Room	02 3:45 PM ⚾ Football (B) Weight Room 4:45 PM ⚾ Wrestling Weight Room	03 6:30 AM ⚾ Bowling (B/G) Weight Room 3:45 PM ⚾ Tennis (G/B)	04 4:45 PM ⚾ Wrestling Weight Room
07	08 3:45 PM ⚾ Football (B) Weight Room 6:30 AM ⚾ Bowling (B/G) Weight Room 3:45 PM ⚾ Football (B) Weight Room	09 3:45 PM ⚾ Football (B) Weight Room 4:45 PM ⚾ Wrestling Weight Room	10 6:30 AM ⚾ Bowling (B/G) Weight Room 3:45 PM ⚾ Tennis (G/B) 6:00 PM ⚾ Softball (G) Weight Room	11 4:45 PM ⚾ Wrestling Weight Room
14	15 3:45 PM ⚾ Football (B) Weight Room 6:00 PM ⚾ Softball (G) Weight Room	16 3:45 PM ⚾ Football (B) Weight Room 4:45 PM ⚾ Wrestling Weight Room	17 6:30 AM ⚾ Bowling (B/G) Weight Room 3:45 PM ⚾ Tennis (G/B) 6:00 PM ⚾ Softball (G) Weight Room	18 4:45 PM ⚾ Wrestling Weight Room
21	22 3:45 PM ⚾ Football (B) Weight Room 6:00 PM ⚾ Softball (G) Weight Room	23 3:45 PM ⚾ Football (B) Weight Room 4:45 PM ⚾ Wrestling Weight Room	24 6:30 AM ⚾ Bowling (B/G) Weight Room 3:45 PM ⚾ Tennis (G/B) 6:00 PM ⚾ Softball (G) Weight Room	25 4:45 PM ⚾ Wrestling Weight Room
28	29 3:45 PM ⚾ Football (B) Weight Room 6:00 PM ⚾ Softball (G) Weight Room	30 3:45 PM ⚾ Football (B) Weight Room 4:45 PM ⚾ Wrestling Weight Room	31 6:30 AM ⚾ Bowling (B/G) Weight Room 3:45 PM ⚾ Tennis (G/B) 6:00 PM ⚾ Softball (G) Weight Room	Feb 1 4:45 PM ⚾ Wrestling Weight Room

February, 2013

Cecil, Greg - Weight Room Schedule

January 2013							February 2013							March 2013						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
30	31	01	02	03	04	05	27	28	29	30	31	01	02	24	25	26	27	28	01	02
06	07	08	09	10	11	12	03	04	05	06	07	08	09	03	04	05	06	07	08	09
13	14	15	16	17	18	19	10	11	12	13	14	15	16	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23	17	18	19	20	21	22	23
27	28	29	30	31	01	02	24	25	26	27	28	01	02	24	25	26	27	28	29	30
03	04	05	06	07	08	09	03	04	05	06	07	08	09	31	01	02	03	04	05	06

Monday	Tuesday	Wednesday	Thursday	Friday
23 3:45 PM ⚾ Football (B) Weight Room 6:00 PM ⚾ Softball (G) Weight Room	24 6:30 AM ⚾ Bowling (B/G) Weight Room 3:45 PM ⚾ Football (B) Weight Room	25 3:45 PM ⚾ Football (B) Weight Room 4:45 PM ⚾ Wrestling Weight Room	26 6:30 AM ⚾ Bowling (B/G) Weight Room 3:45 PM ⚾ Tennis (G/B) 6:00 PM ⚾ Softball (G) Weight Room	Feb 1 4:45 PM ⚾ Wrestling Weight Room
24 3:45 PM ⚾ Football (B) Weight Room 6:00 PM ⚾ Softball (G) Weight Room	25 6:30 AM ⚾ Bowling (B/G) Weight Room 3:45 PM ⚾ Football (B) Weight Room 4:45 PM ⚾ Soccer (G) Weight Room	26 3:45 PM ⚾ Football (B) Weight Room 4:45 PM ⚾ Wrestling Weight Room	27 6:30 AM ⚾ Bowling (B/G) Weight Room 3:45 PM ⚾ Tennis (G/B) 4:45 PM ⚾ Soccer (G) Weight Room 6:00 PM ⚾ Softball (G) Weight Room	28 4:45 PM ⚾ Wrestling Weight Room
27 3:45 PM ⚾ Football (B) Weight Room 6:00 PM ⚾ Softball (G) Weight Room	28 6:30 AM ⚾ Bowling (B/G) Weight Room 3:45 PM ⚾ Football (B) Weight Room 4:45 PM ⚾ Soccer (G) Weight Room	29 3:45 PM ⚾ Football (B) Weight Room 4:45 PM ⚾ Wrestling Weight Room	30 6:30 AM ⚾ Bowling (B/G) Weight Room 3:45 PM ⚾ Tennis (G/B) 4:45 PM ⚾ Soccer (G) Weight Room 6:00 PM ⚾ Softball (G) Weight Room	31 4:45 PM ⚾ Wrestling Weight Room 6:00 PM ⚾ Baseball (B) Weight Room
18 3:45 PM ⚾ Football (B) Weight Room	19 6:30 AM ⚾ Bowling (B/G) Weight Room 3:45 PM ⚾ Football (B) Weight Room 4:45 PM ⚾ Soccer (G) Weight Room 6:00 PM ⚾ Baseball (B) Weight Room	20 3:45 PM ⚾ Football (B) Weight Room 4:45 PM ⚾ Wrestling Weight Room	21 6:30 AM ⚾ Bowling (B/G) Weight Room 4:45 PM ⚾ Soccer (G) Weight Room	22 4:45 PM ⚾ Wrestling Weight Room 6:00 PM ⚾ Baseball (B) Weight Room
25 3:45 PM ⚾ Football (B) Weight Room	26 6:30 AM ⚾ Bowling (B/G) Weight Room 3:45 PM ⚾ Football (B) Weight Room 4:45 PM ⚾ Soccer (G) Weight Room 6:00 PM ⚾ Baseball (B) Weight Room	27 3:45 PM ⚾ Football (B) Weight Room	28 6:30 AM ⚾ Bowling (B/G) Weight Room 4:45 PM ⚾ Soccer (G) Weight Room	Mar 1 6:00 PM ⚾ Baseball (B) Weight Room

Cecil, Greg - Weight Room Schedule

March, 2013

Cecil, Greg - Weight Room Schedule

February 2013							March 2013							April 2013						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
27	28	29	30	31	01	02	24	25	26	27	28	01	02	31	01	02	03	04	05	06
03	04	05	06	07	08	09	03	04	05	06	07	08	09	07	08	09	10	11	12	13
10	11	12	13	14	15	16	10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28	01	02	24	25	26	27	28	29	30	28	29	30	01	02	03	04
03	04	05	06	07	08	09	31	01	02	03	04	05	06	05	06	07	08	09	10	11

Monday	Tuesday	Wednesday	Thursday	Friday
25 3:45 PM ◊ Football (B) Weight Room	26 6:30 AM ◊ Bowling (B/G) Weight Room 3:45 PM ◊ Football (B) Weight Room 4:45 PM ◊ Soccer (G) Weight Room 6:00 PM ◊ Baseball (B) Weight Room	27 3:45 PM ◊ Football (B) Weight Room	28 6:30 AM ◊ Bowling (B/G) Weight Room 4:45 PM ◊ Soccer (G) Weight Room	Mar 1 6:00 PM ◊ Baseball (B) Weight Room
04 3:45 PM ◊ Football (B) Weight Room	05 6:30 AM ◊ Bowling (B/G) Weight Room 3:45 PM ◊ Football (B) Weight Room 4:45 PM ◊ Soccer (G) Weight Room 6:00 PM ◊ Baseball (B) Weight Room	06 3:45 PM ◊ Football (B) Weight Room	07 6:30 AM ◊ Bowling (B/G) Weight Room 4:45 PM ◊ Soccer (G) Weight Room	08 6:00 PM ◊ Baseball (B) Weight Room
11 3:45 PM ◊ Football (B) Weight Room	12 6:30 AM ◊ Bowling (B/G) Weight Room 3:45 PM ◊ Football (B) Weight Room 4:45 PM ◊ Soccer (G) Weight Room 6:00 PM ◊ Baseball (B) Weight Room	13 3:45 PM ◊ Football (B) Weight Room	14 6:30 AM ◊ Bowling (B/G) Weight Room 4:45 PM ◊ Soccer (G) Weight Room	15 6:00 PM ◊ Baseball (B) Weight Room
18 3:45 PM ◊ Football (B) Weight Room	19 6:30 AM ◊ Bowling (B/G) Weight Room 3:45 PM ◊ Football (B) Weight Room 4:45 PM ◊ Soccer (G) Weight Room 6:00 PM ◊ Baseball (B) Weight Room	20 3:45 PM ◊ Football (B) Weight Room	21 6:30 AM ◊ Bowling (B/G) Weight Room 4:45 PM ◊ Soccer (G) Weight Room	22 6:00 PM ◊ Baseball (B) Weight Room
25 3:45 PM ◊ Football (B) Weight Room	26 6:30 AM ◊ Bowling (B/G) Weight Room 3:45 PM ◊ Football (B) Weight Room 4:45 PM ◊ Soccer (G) Weight Room	27 3:45 PM ◊ Football (B) Weight Room	28 6:30 AM ◊ Bowling (B/G) Weight Room 4:45 PM ◊ Soccer (G) Weight Room	29
Apr. 1 3:45 PM ◊ Football (B) Weight Room	02 3:45 PM ◊ Football (B) Weight Room 4:45 PM ◊ Soccer (G) Weight Room	03 3:45 PM ◊ Football (B) Weight Room	04 4:45 PM ◊ Soccer (G) Weight Room	05

April, 2013

Cecil, Greg - Weight Room Schedule

March 2013							April 2013							May 2013						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
24	25	26	27	28	01	02	31	01	02	03	04	05	06	28	29	30	01	02	03	04
03	04	05	06	07	08	09	07	08	09	10	11	12	13	05	06	07	08	09	10	11
10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18
17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25
24	25	26	27	28	29	30	28	29	30	01	02	03	04	26	27	28	29	30	31	01
31	01	02	03	04	05	06	05	06	07	08	09	10	11	02	03	04	05	06	07	08

Monday	Tuesday	Wednesday	Thursday	Friday
Apr 1 3:45 PM ◊ Football (B) Weight Room	02 3:45 PM ◊ Football (B) Weight Room 4:45 PM ◊ Soccer (G) Weight Room	03 3:45 PM ◊ Football (B) Weight Room	04 4:45 PM ◊ Soccer (G) Weight Room	05
08 3:45 PM ◊ Football (B) Weight Room	09 3:45 PM ◊ Football (B) Weight Room 4:45 PM ◊ Soccer (G) Weight Room	10 3:45 PM ◊ Football (B) Weight Room	11 4:45 PM ◊ Soccer (G) Weight Room	12
15 3:45 PM ◊ Football (B) Weight Room	16 3:45 PM ◊ Football (B) Weight Room 4:45 PM ◊ Soccer (G) Weight Room	17 3:45 PM ◊ Football (B) Weight Room	18 4:45 PM ◊ Soccer (G) Weight Room	19
22 3:45 PM ◊ Football (B) Weight Room	23 3:45 PM ◊ Football (B) Weight Room 4:45 PM ◊ Soccer (G) Weight Room	24 3:45 PM ◊ Football (B) Weight Room	25 4:45 PM ◊ Soccer (G) Weight Room	26
29 3:45 PM ◊ Football (B) Weight Room	30 3:45 PM ◊ Football (B) Weight Room	May 1 3:45 PM ◊ Football (B) Weight Room	02	03

May, 2013

Cecil, Greg - Weight Room Schedule

April 2013							May 2013							June 2013						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
31	01	02	03	04	05	06	28	29	30	01	02	03	04	26	27	28	29	30	31	01
07	08	09	10	11	12	13	05	06	07	08	09	10	11	02	03	04	05	06	07	08
14	15	16	17	18	19	20	12	13	14	15	16	17	18	09	10	11	12	13	14	15
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22
28	29	30	01	02	03	04	26	27	28	29	30	31	01	23	24	25	26	27	28	29
05	06	07	08	09	10	11	02	03	04	05	06	07	08	30	01	02	03	04	05	06

Monday	Tuesday	Wednesday	Thursday	Friday
29 3:45 PM ⚽ Football (B) Weight Room	30 3:45 PM ⚽ Football (B) Weight Room	May 1 3:45 PM ⚽ Football (B) Weight Room	02	03
06 3:45 PM ⚽ Football (B) Weight Room	07 3:45 PM ⚽ Football (B) Weight Room	08 3:45 PM ⚽ Football (B) Weight Room	09	10
13 3:45 PM ⚽ Football (B) Weight Room	14 3:45 PM ⚽ Football (B) Weight Room	15 3:45 PM ⚽ Football (B) Weight Room	16	17
20 3:45 PM ⚽ Football (B) Weight Room	21 3:45 PM ⚽ Football (B) Weight Room	22 3:45 PM ⚽ Football (B) Weight Room	23	24
27 3:45 PM ⚽ Football (B) Weight Room	28 3:45 PM ⚽ Football (B) Weight Room	29 3:45 PM ⚽ Football (B) Weight Room	30	31