

November 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Mats 3-6	2 Mats 3-6	3 Mats 6:30a Hydration test Lv 3:15 back 5:30 \$10 if not booster	4 Mats 4-6	5 Mats 6:30am Off pm Booster Tailgate 5:45pm	6
7	8 6:30am Mats 4-5 conditioning	9 Mats 4-6	10 6:45am cond Mats 4-6	11 Mats 4-6	12 Set up for USA Tournament. Scrimmage	13 USA Tournament. Everyone works a shift. 7:30-11:30 11:15-3:15
14	15 6:45am Cond 4-6 Mats	16 Mats 4-6	17 6:45am Cond 4-6 Mats	18 Mats 4-6	19 mats 4-6 Set up gym 6-7	20 SRS: Duals @LHS Varsity competes. JV Works a shift
21	22 Mats 10-12 Varsity: vid 12-1	23 Tentative: JV10-12 Varsity weigh 12 Leave 1:00 to NW Whitfield	24 JV Duals at LHS Weigh 8; start 9:30 V: weigh at SF 9:45. Start 11	25 Thanksgiving OFF	26 No Practice 45min home cardio. Run, jump rope, stance, push up sit up	27 No Practice 45min home cardio. Run, jump rope, stance, push up sit up
28 Voluntary Mat practice (you've had 3 days off) 1:30-3:30	29 6:45am conditioning 4-6 mats	30 Mats 4-6				

December 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6:45 Cond Weigh in 7:30 Match at Sequoyah	2 4-6 mats	3 4-6 mats	4 County JV am V after lunch
5	6 6:45am Cond 4-6 Mats	7 4-6 mats	8 6:45 Cond Weigh in 7:30 V/JV at Creekview	9 4-6 mats	10 7:30 weigh V/JV V/JV at Crkview	11 V/JV at Crkview
12 Mid term week >>> Two afternoon pract sessions. 4-5 or 5-6. You go to one a day.	13 6:45 am Cond 4-5 mats or 5-6 mats	14 4-5 mats or 5-6 mats	15 6:45 am Cond 7:30 weigh in AT LHS Hooch	16 4-5 mats or 5-6 mats	17 7:30 weigh in Var JV off V at SF	18 Var at SF
19	20 Practice 1-3 V leave at 3:30 to S carolina	21 Varsity at West Oak South Carolina JV off	22 Varsity: JV optional Mats 10:30-12:00 Video 12-1.	23 No Practice 45min home cardio. Run, jump rope, stance, push up sit up	24 OFF	25 OFF
26 Optional Practice (you've had 3 days off). 1:30-3:30	27 Practice 3-5 v/jv Set up for hook' em 5-6	28 Scott's Auto Hook' Em Varsity at LHS 11:30 to weigh Tournamet 2:00 JV works shifts	29 Scott's Auto: Hook ' Em 10-6 JV works shifts Varsity works shifts when out of tourn	30 10-12 pract 12-1 video	31 10-12 practice	Jan 1 st OFF

