

June

Sun

Mon

Tue

Wed

Thu

Fri

Sat

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19

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21

22

23

24

25

26

7 on 7
W.C East Home 6:30

Weightroom 8-10 AM
Or 4-6 PM

27

28

29

30

Weightroom 8-10 AM
Or 4-6 PM

Weightroom 8-10 AM
Or 4-6 PM
7 on 7 AWAY Glen
Mills 6:30 PM Meet
PHS 5:45

2010

July

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1

Weightroom 8-10 AM
Or 4-6 PM

2

3

4

5

Weightroom 8-10 AM
Or 4-6 PM

6

7

Weightroom 8-10 AM
Or 4-6 PM
7 on 7 HOME Sun
Valley 6:30

8

Weightroom 8-10 AM
Or 4-6 PM

9

10

11

12

Weightroom 8-10 AM
Or 4-6 PM

13

14

Weightroom 8-10 AM
Or 4-6 PM
TENTATIVE
7 on 7 away WC East
Meet PHS 5:45

15

Weightroom 8-10 AM
Or 4-6 PM

16

17

18

19

Weightroom 8-10 AM
Or 4-6 PM

20

21

Weightroom 8-10 AM
Or 4-6 PM
7 on 7 AWAY Glen
Mills Meet PHS 5:45

22

Weightroom 8-10 AM
Or 4-6 PM

23

24

25

26

Weightroom 8-10 AM
Or 4-6 PM

27

28

Weightroom 8-10 AM
Or 4-6 PM
7 on 7 AWAY Sun
Valley 6:30 Meet
PHS 5:45

29

Weightroom 8-10 AM
Or 4-6 PM

30

Depart for Team
camp WCU ETD
10AM

31

Team Camp WCU

2010

August

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1 Team Camp WCU Parent Pick up AT WCU around 9PM	2 Weightroom 8-10 AM Or 4-6 PM	3	4 Weightroom 8-10 AM Or 4-6 PM	5 Weightroom 8-10 AM Or 4-6 PM Physicals 8-10AM PHS Nurses suite	6	7
8	9 OFF	10 OFF	11 OFF	12 OFF	13 OFF	14
15	16 First day of 2 a day practices players should report to PHS gym 7:30 AM	17	18	19	20	21
22	23	24	25	26	27	28
29	30 Freshman football begins 2:30 PM PHS	31				

2010