

2022 ANDERSON HIGH SCHOOL FALL WORKOUT CALENDAR

Couple Notes:

- If your team is not listed on the calendar, then you are considered a “Off-Season” athlete and will attend the workouts in **Green**
- If an athlete cannot come to an off-season workout or their scheduled time because of a conflict with their Club/AAU schedules, they can come to any workout and work with any another team
- The times listed below are only for Strength and Speed Training. Please talk to your coaches about open gyms and practice times.
- If you are on vacation, you can find your team’s workouts [here](#).

◀ July August 2022 September ▶						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
<p style="background-color: yellow; margin: 0;">GRANGER VACATION</p> <p style="color: blue; font-size: 0.8em; margin: 5px 0;"><i>TRAINERS:</i> Szabo 6:45-9 am & 6:30-7:15 pm Brandon 6:45-9 am</p> <p style="background-color: red; color: white; font-size: 0.8em; margin: 5px 0;">VARSITY FOOTBALL TESTING 6:45-8 am</p> <p style="background-color: red; color: white; font-size: 0.8em; margin: 5px 0;">FRESHMAN FOOTBALL TESTING 8-9 am</p> <p style="background-color: orange; font-size: 0.8em; margin: 5px 0;">GIRLS SOCCER 6:30-7:15 pm</p>	<p style="background-color: yellow; margin: 0;">GRANGER & BRANDON VACATION</p> <p style="color: blue; font-size: 0.8em; margin: 5px 0;"><i>TRAINERS:</i> Szabo 6:45-10:30 am & 3-3:45 pm Morency 9-10:30 am</p> <p style="background-color: red; color: white; font-size: 0.8em; margin: 5px 0;">VARSITY FOOTBALL TESTING 6:45-8 am</p> <p style="background-color: red; color: white; font-size: 0.8em; margin: 5px 0;">FRESHMAN FOOTBALL TESTING 8-9 am</p> <p style="background-color: green; font-size: 0.8em; margin: 5px 0;">BOYS & GIRLS OFF-SEASON & BOYS GOLF 9-10:30 pm</p>	<p style="margin: 0;">Boys Soccer Scrimmage</p> <p style="color: blue; font-size: 0.8em; margin: 5px 0;"><i>TRAINERS:</i> Szabo 6:45-9 am & 2:15-3 pm Brandon 6:45-9 am</p> <p style="background-color: red; color: white; font-size: 0.8em; margin: 5px 0;">VARSITY FOOTBALL TESTING 6:45-8 am</p> <p style="background-color: red; color: white; font-size: 0.8em; margin: 5px 0;">FRESHMAN FOOTBALL TESTING 8-9 am</p> <p style="background-color: orange; font-size: 0.8em; margin: 5px 0;">GIRLS SOCCER 2:15-3 pm</p>	<p style="margin: 0;">Girls Soccer Scrimmage</p> <p style="color: blue; font-size: 0.8em; margin: 5px 0;"><i>TRAINERS:</i> Szabo 9-10:30 am & 3-5 pm Morency 9-10:30 am</p> <p style="background-color: green; font-size: 0.8em; margin: 5px 0;">BOYS & GIRLS OFF-SEASON & BOYS GOLF 9-10:30 pm</p> <p style="background-color: green; font-size: 0.8em; margin: 5px 0;">CROSS COUNTRY 9:10-9:45 am</p> <p style="background-color: orange; font-size: 0.8em; margin: 5px 0;">VOLLEYBALL 3-3:45 pm</p> <p style="background-color: blue; color: white; font-size: 0.8em; margin: 5px 0;">VARSITY BOYS SOCCER 4:15-5 pm</p>	<p style="margin: 0;">Football Scrimmage</p> <p style="color: blue; font-size: 0.8em; margin: 5px 0;"><i>TRAINERS:</i> Szabo 9-10:30 am</p> <p style="background-color: green; font-size: 0.8em; margin: 5px 0;">BOYS & GIRLS OFF-SEASON 9-10:30 pm</p>	<p style="margin: 0;">Boys Soccer Scrimmage</p> <p style="margin: 0;">Girls Soccer Scrimmage</p> <p style="margin: 0;">Golf Match</p> <p style="color: blue; font-size: 0.8em; margin: 5px 0;"><i>TRAINERS: None</i></p>	

	<p>CROSS COUNTRY 9:10-9:45 am</p> <p>VOLLEYBALL 3-3:45 pm</p>					
<p>8</p> <p>TRAINERS: Szabo 6:45-9 am Brandon 6:45-9 am</p> <p>VARSIITY FOOTBALL LOWER BODY 6:45-8 am</p> <p>FRESHMAN FOOTBALL LOWER BODY 8-9 am</p>	<p>9</p> <p>BRANDON VACATION</p> <p>Girls Soccer Scrimmage</p> <p>Golf Match</p> <p>TRAINERS: Szabo 6:45-10:30 am & 3-5:45 pm Morency 9-10:30 am</p> <p>VARSIITY FOOTBALL UPPER BODY 6:45-8 am</p> <p>FRESHMAN FOOTBALL UPPER BODY 8-9 am</p> <p>BOYS & GIRLS OFF-SEASON 9-10:30 pm</p> <p>CROSS COUNTRY 9:10-9:45 am</p> <p>VOLLEYBALL 3-3:45 pm</p> <p>VARSIITY BOYS SOCCER & CHEER 4:15-5 pm</p>	<p>10</p> <p>MEET THE TEAM 5:00 pm</p> <p>Golf Match</p> <p>TRAINERS: None</p>	<p>11</p> <p>Football Scrimmage</p> <p>Golf Match</p> <p>TRAINERS: Szabo 9-10:30 am & 3-7:15 pm Morency 9-10:30 am</p> <p>BOYS & GIRLS OFF-SEASON 9-10:30 pm</p> <p>CROSS COUNTRY 9:10-9:45 am</p> <p>VOLLEYBALL 3-3:45 pm</p> <p>VARSIITY BOYS SOCCER 4:15-5 pm</p> <p>JV BOYS SOCCER 5-5:45 pm</p> <p>GIRLS SOCCER 6:30-7:15 pm</p>	<p>12</p> <p>TRAINERS: Szabo 9-11:30 am Brandon 8-9 am</p> <p>BOYS & GIRLS OFF-SEASON & BOYS GOLF 9-10:30 pm</p> <p>VARSIITY FOOTBALL UPPER BODY 8-9 am</p>	<p>13</p> <p>Boys Soccer Scrimmage</p> <p>Girls Soccer Scrimmage</p> <p>TRAINERS: None</p>	<p>14</p>

	JV BOYS SOCCER 5- 5:45 pm					
15	16	17	18	19	20	21
FIRST DAY FOR TEACHERS	Boys Soccer Game	Volleyball Scrimmage	FIRST DAY FOR STUDENTS	Football Game	SZABO & BRANDON VACATION	
Golf Match	Golf Match	Golf Match		TRAINERS: Szabo 3-4:30 pm Brandon 3-4:30 pm	Boys Soccer Game	
TRAINERS: Szabo 6:15- 7:15 am & 4:30- 7:15 pm	TRAINERS: Szabo 3-5:15 pm Brandon 3-5:15 pm	TRAINERS: Szabo 6:15-7:15 am Granger 3-5:45 pm	TRAINERS: Szabo 3-5:15 pm Brandon 3-5:15 pm		Girls Soccer Game	
Varsity Football 6:15-7:15 am	BOYS & GIRLS OFF-SEASON 3-4:30 pm	Varsity Football 6:15-7:15 am	BOYS & GIRLS OFF-SEASON 3-4:30 pm	BOYS & GIRLS OFF-SEASON & BOYS GOLF 3- 4:30 pm	TRAINERS: None	
FRESHMAN Football 4:30-5:15 pm	Volleyball 3-3:45 pm	GIRLS SOCCER 3- 3:45 pm	Volleyball 3-3:45 pm	Varsity Boys Soccer & Girls Golf Light Day 3- 3:45 pm	Varsity Football 9:00-10:00 am (Mullins will run workout)	
GIRLS Soccer 6:30- 7:15 pm	CHEER 4:15- 5 pm	Varsity Boys Soccer 4:15- 5 pm	CHEER 4:15- 5 pm	JV Boys Soccer Plate Workout 3:45-4:30 pm		
	Cross Country 4:30-5:15 pm	JV Boys Soccer & Boys Golf 5- 5:45 pm	Cross Country 4:30-5:15 pm			
			FRESHMAN Football w/ Coach O'Toole 4:30- 5 pm			

<p>22</p> <p><i>TRAINERS:</i> <i>Szabo 6:15-7:15 am</i> <i>Morency 3-5:45 pm</i></p> <p>VARSIY FOOTBALL 6:15-7:15 am</p> <p>GIRLS SOCCER LIGHT DAY 3-3:45 pm</p> <p>VARSIY BOYS SOCCER LIGHT DAY 4:15-5 pm</p> <p>FRESHMAN FOOTBALL 4:30-5:15 pm</p> <p>JV BOYS SOCCER LIGHT DAY 5-5:45 pm</p>	<p>23</p> <p>Boys Soccer Game</p> <p>Girls Soccer Game</p> <p>Golf Match</p> <p>Volleyball Game</p> <p><i>TRAINERS:</i> <i>Szabo 3-5:15 pm</i> <i>Brandon 3-4:30 pm</i></p> <p>BOYS & GIRLS OFF-SEASON 3-4:30 pm</p> <p>CHEER 4:15-5 pm</p> <p>CROSS COUNTRY 4:30-5:15 pm</p>	<p>24</p> <p><i>TRAINERS:</i> <i>Szabo 6:15-7:30 am</i> <i>Granger 3-5:15 pm</i></p> <p>VARSIY FOOTBALL 6:15-7:15 am</p> <p>BOYS GOLF 6:45-7:30 am</p> <p>VOLLEYBALL LIGHT DAY 3-3:45 pm</p> <p>FRESHMAN FOOTBALL 4:30-5:15 pm</p>	<p>25</p> <p>Boys Soccer Game</p> <p>Girls Soccer Game</p> <p>Golf Match</p> <p>Volleyball Game</p> <p><i>TRAINERS:</i> <i>Szabo 3-5:15 pm</i> <i>Brandon 3-4:30 pm</i></p> <p>BOYS & GIRLS OFF-SEASON 3-4:30 pm</p> <p>CHEER 4:15-5 pm</p> <p>CROSS COUNTRY 4:30-5:15 pm</p> <p>FRESHMAN FOOTBALL W/ COACH O'TOOLE 4:30-5 pm</p>	<p>26</p> <p>Football Game</p> <p><i>TRAINERS:</i> <i>Szabo 3-4:30 pm</i> <i>Brandon 3-4:30 pm</i></p> <p>GIRLS SOCCER 3-3:45 pm</p> <p>BOYS & GIRLS OFF-SEASON & BOYS GOLF 3-4:30 pm</p> <p>VARSIY BOYS SOCCER 3-3:45 pm</p> <p>JV BOYS SOCCER PLATE WORKOUT 3:45-4:30 pm</p>	<p>27</p> <p>XC Meet</p> <p><i>TRAINERS:</i> <i>Szabo 8-10:15 am</i></p> <p>VOLLEYBALL 8-9 am</p> <p>VARSIY FOOTBALL 9-10:15 am</p>	<p>28</p>
<p>29</p> <p>Golf Match</p> <p><i>TRAINERS:</i> <i>Szabo 6:15-7:15 am & 3-5:45 pm</i></p> <p>VARSIY FOOTBALL 6:15-7:15 am</p>	<p>30</p> <p>Boys Soccer Game</p> <p>Girls Soccer Game</p> <p>Volleyball Game</p> <p><i>TRAINERS:</i> <i>Szabo 3-5:15 pm</i></p>	<p>31</p> <p><i>TRAINERS:</i> <i>Szabo 6:15-7:30 am</i> <i>Granger 3-5:15 pm</i></p> <p>VARSIY FOOTBALL 6:15-7:15 am</p>				

VOLLEYBALL LIGHT DAY 3- 3:45 pm	<i>Brandon 3-4:30 pm</i>	BOYS GOLF 6:45-7:30 am	
VARSITY BOYS SOCCER LIGHT DAY 4:15-5 pm	BOYS & GIRLS OFF-SEASON 3-4:30 pm	GIRLS SOCCER 3- 3:45 pm	
CROSS COUNTRY 4:30-5:15 pm	CHEER 4:15-5 pm	FRESHMAN FOOTBALL 4:30-5 pm	
FRESHMAN FOOTBALL 4:30-5 pm			
JV BOYS SOCCER LIGHT DAY 5- 5:45 pm			

September 2022						
◀ August						October ▶
Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
			Boys Soccer Game Volleyball Game TRAINERS: <i>Szabo 3-4:30 pm</i> <i>Brandon 3-5:15 pm</i>	Football Game TRAINERS: <i>Szabo 3-4:30 pm</i> <i>Brandon 3-4:30 pm</i> GIRLS SOCCER 3:00- 3:45 pm BOYS & GIRLS OFF-SEASON	XC Meet Golf Match Boys Soccer TRAINERS: <i>Szabo 8-10:15 am</i> VOLLEYBALL 8-9 am	

			BOYS & GIRLS OFF-SEASON 3-4:30 pm CHEER 4:15-5 pm CROSS COUNTRY 4:30-5:15 pm FRESHMAN FOOTBALL W/ COACH O'TOOLE 4:30-5 pm	& BOYS GOLF 3-4:30 pm Varsity Boys Soccer Light Day 3-3:45 pm JV Boys Soccer Plate Workout 3:45-4:30 pm	Varsity Football 9-10:15 am	
5 LABOR DAY TRAINERS: Brandon 7:45-9:30 am Varsity Football 7:45-8:45 am FRESHMAN FOOTBALL 8:45-9:30 am	6 Girls Soccer Game Volleyball Game Golf Match TRAINERS: Szabo 3-5 pm Brandon 3-4:30 pm BOYS & GIRLS OFF-SEASON 3-4:30 pm JV BOYS SOCCER & CROSS COUNTRY 3-3:45 pm CHEER 4:15-5 pm Varsity Boys Soccer 4:15-5 pm	7 Golf Match TRAINERS: Szabo 6:15-7:15 am Granger 3-5:15 pm Varsity Football 6:15-7:15 am GIRLS SOCCER 3-3:45 pm Volleyball 3-3:45 pm FRESHMAN FOOTBALL 4:30-5:15 pm	8 Boys Soccer Game Volleyball Game Golf Match TRAINERS: Szabo 3-5:15 pm Brandon 3-4:30 pm BOYS & GIRLS OFF-SEASON 3-4:30 pm CROSS COUNTRY 4:30-5:15 pm FRESHMAN FOOTBALL W/ COACH O'TOOLE 4:30-5 pm	9 Homecoming Football Game TRAINERS: Szabo 3-3:45 pm BOYS GOLF 3-3:45 pm	10 XC Meet TRAINERS: Szabo 8-10:15 am Volleyball 8-9 am Varsity Football 9-10:15 am	11 Golf Match

12	13	14	15	16	17	18
<p>Volleyball Game</p> <p>Golf Match</p> <p>TRAINERS: Szabo 6:15-7:15 am Brandon 4:15-5:45 pm</p> <p>VARSIITY FOOTBALL 6:15-7:15 am</p> <p>VARSIITY BOYS SOCCER 4:15-5 pm</p> <p>FRESHMAN FOOTBALL 4:30-5 pm</p> <p>JV BOYS SOCCER 5-5:45 pm</p>	<p>Girls Soccer Game</p> <p>Volleyball Game</p> <p>TRAINERS: Szabo 3-4:30 pm Brandon 3-5:15 pm</p> <p>BOYS & GIRLS OFF-SEASON & BOYS GOLF 3-4:30 pm</p> <p>CHEER 4:15-5 pm</p> <p>CROSS COUNTRY 4:30-5:15 pm</p>	<p>TRAINERS: Szabo 6:15-7:15 am Granger 3-5:45 pm</p> <p>VARSIITY FOOTBALL 6:15-7:15 am</p> <p>GIRLS SOCCER 3-3:45 pm</p> <p>VOLLEYBALL 3-3:45 pm</p> <p>VARSIITY BOYS SOCCER LIGHT DAY 4:15-5 pm</p> <p>FRESHMAN FOOTBALL 4:30-5 pm</p> <p>JV BOYS SOCCER LIGHT DAY 5-5:45 pm</p>	<p>Boys Soccer Game</p> <p>Volleyball Game</p> <p>Golf Match</p> <p>TRAINERS: Szabo 3-5:15 pm Morency 3-4:30 pm</p> <p>BOYS & GIRLS OFF-SEASON 3-4:30 pm</p> <p>CHEER 4:15-5 pm</p> <p>CROSS COUNTRY 4:30-5:15 pm</p> <p>FRESHMAN FOOTBALL W/ COACH O'TOOLE 4:30-5 pm</p>	<p>Football Game</p> <p>TRAINERS: Szabo 3-4:30 pm Brandon 3-4:30 pm</p> <p>GIRLS SOCCER 3:00-3:45 pm</p> <p>BOYS & GIRLS OFF-SEASON & BOYS GOLF 3-4:30 pm</p>	<p>XC Meet</p> <p>Boys Soccer Game</p> <p>Girls Soccer Game</p> <p>Volleyball Game</p> <p>TRAINERS: Szabo 9-10:15 am</p> <p>VARSIITY FOOTBALL 9-10:15 am</p>	

19	20	21	22	23	24	25
<p>Volleyball Game</p> <p>Golf Match</p> <p>TRAINERS: Szabo 6:15-7:15 am Brandon 3-5:45 pm</p> <p>VARSIITY FOOTBALL 6:15-7:15 am</p> <p>VARSIITY BOYS SOCCER 4:15-5 pm</p> <p>FRESHMAN FOOTBALL 4:30-5 pm</p> <p>JV BOYS SOCCER 5-5:45 pm</p>	<p>Boys Soccer Game</p> <p>Girls Soccer Game</p> <p>Volleyball Game</p> <p>Golf ECC Championships</p> <p>TRAINERS: Szabo 3-5:15 pm Brandon 3-4:30 pm</p> <p>BOYS & GIRLS OFF-SEASON 3-4:30 pm</p> <p>CHEER 4:15-5 pm</p> <p>CROSS COUNTRY 4:30-5:15 pm</p>	<p>TRAINERS: Szabo 6:15-7:30 am Granger 3-5:15 pm</p> <p>VARSIITY FOOTBALL 6:15-7:15 am</p> <p>BOYS GOLF 6:45-7:30 am</p> <p>VOLLEYBALL LIGHT DAY 3-3:45 pm</p> <p>GIRLS SOCCER LIGHT DAY 3:00-3:45 pm</p> <p>FRESHMAN FOOTBALL 4:30-5 pm</p>	<p>Boys Soccer Game</p> <p>Girls Soccer Game</p> <p>Volleyball Game</p> <p>TRAINERS: Szabo 3-5:15 pm Brandon 3-4:30 pm</p> <p>BOYS & GIRLS OFF-SEASON 3-4:30 pm</p> <p>CHEER 4:15-5 pm</p> <p>FRESHMAN FOOTBALL W/ COACH O'TOOLE 4:30-5 pm</p>	<p>Football Game</p> <p>TRAINERS: Szabo 3-4:30 pm Morency 3-4:30 pm</p> <p>GIRLS SOCCER 3-3:45 pm</p> <p>BOYS & GIRLS OFF-SEASON & BOYS GOLF 3-4:30 pm</p> <p>VARSIITY BOYS SOCCER 3-3:45 pm</p> <p>JV BOYS SOCCER BODYWEIGHT WORKOUT 3:45-4:30 pm</p>	<p>XC Meet</p> <p>TRAINERS: Szabo 8-10:15 am</p> <p>VOLLEYBALL 8-9 am</p> <p>VARSIITY FOOTBALL 9-10:15 am</p>	
<p>26</p> <p>Golf Match</p> <p>TRAINERS: Szabo 6:15-7:15 am & 3-5 pm</p> <p>VARSIITY FOOTBALL 6:15-7:15 am</p> <p>GIRLS SOCCER 3-3:45 pm</p> <p>FRESHMAN FOOTBALL 4:30-5 pm</p>	<p>27</p> <p>Boys Soccer Game</p> <p>Girls Soccer Game</p> <p>Volleyball Game</p> <p>TRAINERS: Szabo 3-4:30 pm Brandon 3-5:15 pm</p> <p>BOYS & GIRLS OFF-SEASON 3-4:30 pm</p>	<p>28</p> <p>TRAINERS: Szabo 6:15-7:30 am Granger 3-5:45 pm</p> <p>VARSIITY FOOTBALL 6:15-7:15 am</p> <p>BOYS GOLF 6:45-7:30 am</p> <p>GIRLS SOCCER LIGHT DAY 3-3:45 pm</p>	<p>29</p> <p>Boys Soccer Game</p> <p>Volleyball Game</p> <p>TRAINERS: Szabo 3-5:15 pm Brandon 3-4:30 pm</p> <p>BOYS & GIRLS OFF-SEASON 3-4:30 pm</p> <p>CHEER 4:15-5 pm</p>	<p>30</p> <p>Football Game</p> <p>TRAINERS: Morency 3-4:30 pm Brandon 3-4:30 pm</p> <p>BOYS & GIRLS OFF-SEASON & BOYS GOLF 3-4:30 pm</p> <p>VARSIITY BOYS SOCCER 3-3:45 pm</p> <p>JV BOYS SOCCER</p>		

CHEER 4:15-5 pm	VOLLEYBALL LIGHT DAY 3-3:45 pm	CROSS COUNTRY 4:30-5:15 pm	PLATE WORKOUT 3:45-4:30 pm	
CROSS COUNTRY 4:30-5:15 pm	VARSITY BOYS SOCCER LIGHT DAY 4:15-5 pm	FRESHMAN FOOTBALL W/ COACH O'TOOLE 4:30-5 pm		
	FRESHMAN FOOTBALL 4:30-5 pm			
	JV BOYS SOCCER LIGHT DAY 5-5:45 pm			

October 2022						
◀ September					November ▶	
Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1 XC Meet Girls Soccer Game Volleyball Game <i>TRAINERS: Szabo 9-10:15 am</i> VARSITY FOOTBALL 9-10:15 am	2

<p>3</p> <p>Volleyball Game</p> <p>TRAINERS: Szabo 6:15-7:15 am Morency 3-5:45 pm</p> <p>VARSIY FOOTBALL 6:15-7:15 am</p> <p>GIRLS SOCCER LIGHT DAY 3- 3:45 pm</p> <p>VARSIY BOYS SOCCER 4:15-5 pm</p> <p>FRESHMAN FOOTBALL 4:30-5 pm</p> <p>JV BOYS SOCCER 5-5:45 pm</p>	<p>4</p> <p>Girls Soccer Game</p> <p>Volleyball Game</p> <p>TRAINERS: Szabo 3-5:15 pm Brandon 3-4:30 pm</p> <p>BOYS & GIRLS OFF-SEASON SLOW DOWN 3-4:30 pm</p> <p>CHEER 4:15-5 pm</p>	<p>5</p> <p>Golf King of Hill</p> <p>TRAINERS: Szabo 6:15-7:15 am Granger 3-5:15 pm</p> <p>VARSIY FOOTBALL 6:15-7:15 am</p> <p>GIRLS SOCCER LIGHT DAY 3- 3:30 pm</p> <p>VOLLEYBALL LIGHT DAY 3- 3:30 pm</p> <p>FRESHMAN FOOTBALL & CROSS COUNTRY 4:30-5 pm</p>	<p>6</p> <p>PARENT TEACHER CONFERENCES</p> <p>Boys Soccer Game</p> <p>Girls Soccer Game</p> <p>Volleyball Game</p> <p>TRAINERS: Szabo 3-3:45 pm</p> <p>BOYS & GIRLS OFF-SEASON SLOW DOWN 3-3:45 pm</p> <p>FRESHMAN FOOTBALL W/ COACH O'TOOLE 4:30-5 pm</p>	<p>7</p> <p>NO SCHOOL TEACHER PD</p> <p>Football Game</p> <p>TRAINERS: Szabo 3-4:30 pm</p> <p>VARSIY BOYS SOCCER 3-3:45 pm</p> <p>JV BOYS SOCCER 3:45-4:30 pm</p>	<p>8</p> <p>Girls Soccer Game</p> <p>TRAINERS: Szabo 8-10 am</p> <p>VOLLEYBALL 8-9 am</p> <p>VARSIY FOOTBALL 9-10:15 am</p>	<p>9</p> <p>TOURNEY DRAW FOR SOCCER & VOLLEYBALL. ALL TOURNEY WORKOUTS WILL BE DECIDED OFF OF TOURNEY DRAWS.</p>
<p>10</p> <p>NO SCHOOL FALL BREAK</p> <p>TRAINERS: Szabo 7:45-9:30 am & 4:15-5:45 pm</p> <p>VARSIY FOOTBALL 7:45-8:45 am</p> <p>FRESHMAN FOOTBALL 8:45-9:30 am</p>	<p>11</p> <p>Girls Soccer Game</p> <p>Volleyball Game</p> <p>TRAINERS: Szabo 3-5 pm Brandon 3-4:30 pm</p> <p>BOYS & GIRLS OFF-SEASON TESTING 3- 4:30 pm</p>	<p>12</p> <p>TRAINERS: Szabo 6:15-7:15 am Granger 3-5:45 pm</p> <p>VARSIY FOOTBALL 6:15-7:15 am</p> <p>GIRLS SOCCER LIGHT DAY 3- 3:30 pm</p>	<p>13</p> <p>Boys Soccer Game</p> <p>Volleyball Game</p> <p>Golf Districts</p> <p>TRAINERS: Szabo 3-5 pm</p> <p>BOYS & GIRLS OFF-SEASON TESTING 3- 4:30 pm</p>	<p>14</p> <p>Football Game</p> <p>TRAINERS: Szabo 3-4:30 pm Brandon 3-4:30 pm</p> <p>BOYS & GIRLS OFF-SEASON TESTING 3-4:30 pm</p>	<p>15</p> <p>XC League Meet</p> <p>Boys Soccer Game</p> <p>Girls Soccer Game</p> <p>TRAINERS: Brandon 8-10:15 am</p> <p>VOLLEYBALL 8-9 am</p>	<p>16</p>

<p>Varsity Boys Soccer 4:15-5 pm</p> <p>JV Boys Soccer 5:45 pm</p>	<p>Cheer 4:15-5 pm</p>	<p>Varsity Boys Soccer 4:15-5 pm</p> <p>Freshman Football & Cross Country Light Day 4:30-5 pm</p> <p>JV Boys Soccer 5:45 pm</p>	<p>Cheer 4:15-5 pm</p>		<p>Varsity Football 9:10:15 am</p>	
<p>17</p> <p>Trainers: Szabo 6:15-7:15 am Morency 3-5 pm</p> <p>Varsity Football 6:15-7:15 am</p> <p>Girls Soccer Light Day 3:45 pm</p> <p>Varsity Boys Soccer 4:15-5 pm</p> <p>Freshman Football 4:30-5 pm</p>	<p>18</p> <p>Volleyball Game</p> <p>Trainers: Szabo 3-5 pm Brandon 3-4:30 pm</p> <p>Boys & Girls Off-Season Change-Up 3:4:30 pm</p> <p>Cheer 4:15-5 pm</p> <p>Cross Country 4:30-5 pm</p>	<p>19</p> <p>Trainers: Szabo 6:15-7:15 am Granger 3-5 pm</p> <p>Varsity Football 6:15-7:15 am</p> <p>Girls Soccer Light Day 3:45 pm</p> <p>Freshman Football 4:30-5 pm</p>	<p>20</p> <p>Boys Soccer Game</p> <p>Volleyball Game</p> <p>Trainers: Szabo 3-4 pm Brandon 3-5 pm</p> <p>Boys & Girls Off-Season Change-Up 3-4:30 pm</p> <p>Cheer 4:15-5 pm</p>	<p>21</p> <p>Football Game</p> <p>Trainers: Szabo 3-4:30 pm Brandon 3-4:30 pm</p> <p>Boys & Girls Off-Season Change-Up 3:4:30 pm</p> <p>Varsity Boys Soccer 3-3:45 pm</p>	<p>22</p> <p>XC District Meet</p> <p>Girls Soccer Game</p> <p>Trainers: Szabo 8-10:15 am</p> <p>Volleyball 8-9 am</p> <p>Varsity Football 9:10:15 am</p>	<p>23</p>

REFER TO THE WINTER CALENDAR FOR THE REST OF THE OCTOBER TRAINING SCHEDULE

