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		September ►				
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
GRANGER VACATION	GRANGER & BRANDON VACATION	Boys Soccer Scrimmage	Girls Soccer Scrimmage	Football Scrimmage	Boys Soccer Scrimmage	
TRAINERS: Szabo 6:45-9 am & 6:30-7:15	TRAINERS: Szabo 6:45-	TRAINERS: Szabo 6:45-9 am & 2:15-3 pm	TRAINERS: Szabo 9-10:30 am & 3-5 pm	TRAINERS: Szabo 9-10:30 am	Girls Soccer Scrimmage	
pm Brandon 6:45- 9 am	10:30 am & 3- 3:45 pm Morency 9- 10:30 am	Brandon 6:45-9 am	Morency 9- 10:30 am	BOYS & GIRLS OFF-SEASON	Golf Match TRAINERS:	
VARSITY FOOTBALL TESTING 6:45-	VARSITY FOOTBALL	VARSITY FOOTBALL TESTING 6:45- 8 am	BOYS & GIRLS OFF-SEASON & BOYS GOLF 9-10:30 pm	9-10:30 pm	None	
8 am FRESHMAN	TESTING 6:45- 8 am	FRESHMAN FOOTBALL	CROSS COUNTRY			
FOOTBALL TESTING 8- 9 am	FRESHMAN FOOTBALL TESTING 8-	TESTING 8- 9 am	9:10-9:45 am			
GIRLS SOCCER 6:30- 7:15 pm	9 am BOYS & GIRLS OFF-SEASON	GIRLS SOCCER 2:15-3 pm	3-3:45 pm VARSITY BOYS SOCCER 4:15-			
	& BOYS GOLF 9-10:30 pm		5 pm			

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

	JV BOYS SOCCER 5- 5:45 pm					
15	16	17	18	19	20	21
FIRST DAY FOR TEACHERS Golf Match TRAINERS: Szabo 6:15- 7:15 am & 4:30- 7:15 pm VARSITY FOOTBALL 6:15-7:15 am FRESHMAN FOOTBALL 4:30-5:15 pm GIRLS SOCCER 6:30- 7:15 pm	BOYS & GIRLS OFF-SEASON 3-4:30 pm VOLLEYBALL 3-3:45 pm CHEER 4:15- 5 pm CROSS COUNTRY 4:30-5:15 pm	PM VARSITY FOOTBALL 6:15-7:15 am GIRLS SOCCER 3- 3:45 pm VARSITY BOYS SOCCER 4:15- 5 pm JV BOYS SOCCER &	FOR STUDENTS TRAINERS: Szabo 3-5:15 pm Brandon 3-5:15 pm BOYS & GIRLS OFF-SEASON 3-4:30 pm VOLLEYBALL 3-3:45 pm	Football Game TRAINERS: Szabo 3-4:30 pm Brandon 3-4:30 pm BOYS & GIRLS OFF-SEASON & BOYS GOLF 3- 4:30 pm VARSITY BOYS SOCCER & GIRLS GOLF LIGHT DAY 3- 3:45 pm JV BOYS SOCCER PLATE WORKOUT 3:45-4:30 pm	Girls Soccer Game TRAINERS: None	

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

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VOLLEYBALL	Brandon 3-4:30	BOYS GOLF
LIGHT DAY 3-	pm	6:45-7:30 am
3:45 pm		
	BOYS & GIRLS	GIRLS
VARSITY BOYS		SOCCER 3-
	3-4:30 pm	3:45 pm
LIGHT DAY		
4:15-5 pm	CHEER 4:15-	FRESHMAN
		FOOTBALL
CROSS		4:30-5 pm
COUNTRY		
4:30-5:15 pm		
FRESHMAN		
FOOTBALL		
4:30-5 pm		
JV BOYS		
SOCCER		
LIGHT DAY 5-		
5:45 pm		
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■ August		Sep	tember 2	2022		October ▶
Mon	Tue	Wed	Thu	Fri	Sat	Sun
			Game Volleyball Game TRAINERS:	Brandon 3-4:30 pm GIRLS SOCCER 3:00-	3 XC Meet Golf Match Boys Soccer TRAINERS: Szabo 8-10:15 am VOLLEYBALL 8-9 am	4

			OFF-SEASON 3-4:30 pm CHEER 4:15- 5 pm CROSS COUNTRY 4:30- 5:15 pm FRESHMAN	3-4:30 pm VARSITY BOYS SOCCER LIGHT DAY 3- 3:45 pm	VARSITY FOOTBALL 9- 10:15 am	
5	6	7	8	9	10	11
LABOR DAY TRAINERS: Brandon 7:45- 9:30 am VARSITY FOOTBALL 7:45-8:45 am FRESHMAN FOOTBALL 8:45-9:30 am	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-	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	Game	HOMECOMING Football Game TRAINERS: Szabo 3-3:45 pm BOYS GOLF 3- 3:45 pm	XC Meet TRAINERS: Szabo 8-10:15 am VOLLEYBALL 8-9 am VARSITY FOOTBALL 9- 10:15 am	Golf Match

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12	13	14	15	16	17	18
12	13	14	13	10	17	10
Volleyball Game	Girls Soccer	TRAINERS:	Boys Soccer	Football Game	XC Meet	
V Sheyball Gairle	Game	Szabo 6:15-7:15		i colbaii Gairie	AO IVICOL	
Golf Match	Game	am	Carrio	TRAINERS:	Boys Soccer	
Sii waton	Volleyball Game	Granger 3-5:45	Volleyball Game	Szabo 3-4:30	Game	
TRAINERS:	Volloyball Gallio	pm	Volloy Balli Gallio	pm	Carrio	
Szabo 6:15-	TRAINERS:		Golf Match	Brandon 3-4:30	Girls Soccer	
7:15 am	Szabo 3-4:30	VARSITY	Con Matori	pm	Game	
Brandon 4:15-	pm	FOOTBALL	TRAINERS:			
5:45 pm	Brandon 3-5:15	6:15-7:15 am	Szabo 3-5:15	GIRLS	Volleyball Game	
	pm		pm	SOCCER 3:00-		
VARSITY		GIRLS	Morency 3-4:30	3:45 pm	TRAINERS:	
FOOTBALL	BOYS & GIRLS	SOCCER 3-	pm		Szabo 9-10:15	
6:15-7:15 am	OFF-SEASON	3:45 pm		BOYS & GIRLS	am	
	& BOYS GOLF		BOYS & GIRLS	OFF-SEASON		
VARSITY BOYS	3-4:30 pm	VOLLEYBALL	OFF-SEASON	& BOYS GOLF	VARSITY	
SOCCER 4:15-		3-3:45 pm	3-4:30 pm	3-4:30 pm	FOOTBALL 9-	
5 pm	CHEER 4:15-5				10:15 am	
	pm	VARSITY BOYS	CHEER 4:15-			
FRESHMAN	CDOCC	SOCCER LIGHT DAY	5 pm			
FOOTBALL	CROSS	4:15-5 pm	0000			
4:30-5 pm	COUNTRY 4:30-5:15 pm	710 0 MII	CROSS			
JV BOYS	1.30-3.13 3111	FRESHMAN	COUNTRY 4:30- 5:15 pm			
SOCCER 5-		FOOTBALL	5.13 9III			
5:45 pm			FRESHMAN			
311			FOOTBALL W/			
		JV BOYS	COACH			
		SOCCER	O'TOOLE 4:30-			
		LIGHT DAY 5-	5 pm			
		5:45 pm	_			

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

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

■ September		Oc	tober 20	22		November ▶
Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
					XC Meet Girls Soccer Game	
					Volleyball Game	
					TRAINERS: Szabo 9-10:15 am	
					VARSITY FOOTBALL 9- 10:15 am	

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

VARSITY BOYS SOCCER 4:15- 5 pm JV BOYS SOCCER 5- 5:45 pm	CHEER 4:15- 5 pm	VARSITY BOYS SOCCER 4:15- 5 pm FRESHMAN FOOTBALL & CROSS COUNTRY LIGHT DAY 4:30-5 pm JV BOYS SOCCER 5- 5:45 pm			VARSITY FOOTBALL 9- 10:15 am	
17	18	19	20	21	22	23
TRAINERS: Szabo 6:15- 7:15 am Morency 3-5 pm VARSITY FOOTBALL 6:15-7:15 am GIRLS SOCCER LIGHT DAY 3- 3:45 pm VARSITY BOYS SOCCER 4:15- 5 pm FRESHMAN FOOTBALL 4:30-5 pm	4:30 pm CHEER 4:15- 5 pm CROSS COUNTRY	Szabo 6:15-7:15 am Granger 3-5 pm VARSITY FOOTBALL 5:15-7:15 am	Volleyball Game TRAINERS: Szabo 3-4 pm Brandon 3-5 pm BOYS & GIRLS OFF-SEASON CHANGE-UP	pm Brandon 3-4:30 pm BOYS & GIRLS OFF-SEASON CHANGE-UP 3- 4:30 pm	XC District Meet Girls Soccer Game TRAINERS: Szabo 8-10:15 am VOLLEYBALL 8-9 am VARSITY FOOTBALL 9- 10:15 am	

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

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