

JULY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Adam Szabo @ Workout from 6:45- 9 am	4 OFF	5 OFF	6 OFF	7
8	9 Team Camp 7-10 OFF COACHES SUPERVISE LIFT SKILL: METABOLIC OL/DL: SLEDS - After Practice 10 minutes VARSITY HEAVY LIFT - 35 minutes INDIVIDUAL STRETCH - 5 minutes	10 Team Camp 7-10 DEF COACHES SUPERVISE LIFT SHORT GASSERS - Before Practice 10 minutes JV HEAVY LIFT - 35 minutes INDIVIDUAL STRETCH - 5 minutes	11 Leave for "Camp" 6:00AM TEAM 40s - Before Practice 10 minutes VARSITY & JV BODY WEIGHT LIFT - 20 minutes PNF STRETCH - 15 minutes	12 "Camp" ALL COACHES SUPERVISE LIFT NO CONDITIONING FOR DBs/WRs VARSITY & JV FUNCTIONAL LIFT (All will lift together and should have enough room at Malone University) - 35 minutes INDIVIDUAL STRETCH - 5 minutes	13 Return from "Camp" 5:30 PM FLYING 60s - During Practice 10 minutes PNF STRETCH - 15 minutes	14

<p>15</p>	<p>16 Team Camp 7-9</p> <p>Throwing @ S-boro 10:30AM</p> <p>SKILL: NO CONDITIONING OL/DL: SLEDS - After Practice 10 minutes</p> <p>INDIVIDUAL STRETCH - 5 minutes</p>	<p>17 Team Camp 2-5</p> <p>Youth Camp 6-8 * Coaches Clinic following Camp</p> <p>OFF COACHES SUPERVISE LIFT</p> <p>SHORT GASSERS - During Practice 10 minutes</p> <p>VARSAITY HEAVY LIFT - 35 minutes</p> <p>INDIVIDUAL STRETCH - 5 minutes</p>	<p>18 Team Camp 7-11</p> <p>DEF COACHES SUPERVISE LIFT</p> <p>NO CONDITIONING</p> <p>JV HEAVY LIFT - 35 minutes</p> <p>PNF STRETCH - 15 minutes</p>	<p>19 Team Camp 7-11</p> <p>**7 on 7 @ Franklin HS 6 PM (Wilmington, Franklin, Hamilton)</p>	<p>20 Team Camp 7-11</p> <p>ALL COACHES SUPERVISE LIFT</p> <p>FLYING 60s - Before Practice 10 minutes</p> <p>VARSAITY & JV 3 WAY FITNESS LIFT - 20 minutes</p> <p>PNF STRETCH - 15 minutes</p>	<p>21 OFF</p>
<p>22</p>	<p>23 OFF</p> <p>KINGS COACHES WILL BE OFF</p> <p>OPTIONAL LIFTING FOR PLAYERS WITH ADAM SZABO 10-11 am</p> <p>DYNAMIC WARM- UP - 10 minutes TEAM 40s- 10 minutes HEAVY LIFT - 35 minutes INDIVIDUAL</p>	<p>24 OFF</p>	<p>25 OFF</p> <p>KINGS COACHES WILL BE OFF</p> <p>OPTIONAL LIFTING FOR PLAYERS WITH ADAM SZABO 11-12 pm</p> <p>DYNAMIC WARM- UP - 10 minutes METABOLIC - 15 minutes FUNCTIONAL LIFT - 35 minutes</p>	<p>26 OFF</p> <p>KINGS COACHES WILL BE OFF</p> <p>OPTIONAL LIFTING FOR PLAYERS WITH ADAM SZABO 11-12 pm</p> <p>DYNAMIC WARM- UP - 10 minutes SHORT GASSERS - 10 minutes 3 WAY FITNESS - 20 minutes</p>	<p>27 OFF</p>	<p>28 OFF</p>

	STRETCH - 5 minutes		PNF STRETCH - 15 minutes	INDIVIDUAL STRETCH - 5 minutes		
29 Coaches Cookout at Andy's	30 Doubles 7-9:30 11:30 - 2:00 NO CONDITIONING INDIVIDUAL STRETCH - 5 minutes	31 Doubles 7-9:30 11:30 - 2:00 Last Day - Discount Cards OFF COACHES SUPERVISE LIFT NO CONDITIONING JV HEAVY LIFT - 35 minutes INDIVIDUAL STRETCH - 5 minutes				

** The Calendar events and times are subject to change. We will send out an up to date calendar periodically through the spring.

** THE OFF DAYS WILL NOT CHANGE SO PLEASE SCHEDULE YOUR VACATIONS AROUND THOSE DAYS.

AUGUST 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Single 7-10:00 DEF COACHES SUPERVISE LIFT NO CONDITIONING VARSITY HEAVY LIFT - 35 minutes PNF STRETCH - 15 minutes	2 Doubles 7-9:30 11:30 - 2:00 NO CONDITIONING INDIVIDUAL STRETCH - 5 minutes	3 Doubles 7-9:30 11:30 - 2:00 NO CONDITIONING INDIVIDUAL STRETCH - 5 minutes	4 Practice 7:00am Family Picnic 11:00 ALL COACHES SUPERVISE LIFT VARSITY & JV 3 WAY FITNESS - 20 minutes INDIVIDUAL STRETCH - 5 minutes
5	6 Doubles 7-9:30 11:30 - 2:00 OFF COACHES SUPERVISE LIFT NO CONDITIONING VARSITY HEAVY LIFT - 35 minutes INDIVIDUAL STRETCH - 5 minutes	7 Winton Woods Co-Practice - Home 10:00AM (Jersey for Ashton) PNF STRETCH - 15 minutes	8 Practice 2:30 - 5:30 DEF COACHES SUPERVISE LIFT SKILL: METABOLIC OL/DL: SLEDS - After Practice 10 minutes JV HEAVY LIFT - 35 minutes INDIVIDUAL STRETCH - 5 minutes	9 Practice Pictures TBA OFF COACHES SUPERVISE LIFT FLYING 60s - Before Practice 10 minutes VARSITY FUNCTIONAL LIFT - 35 minutes INDIVIDUAL STRETCH - 5 minutes	10 Practice 2:30-5 Team Event 6-8 NO CONDITIONING PNF STRETCH - 15 minutes	11 @Beavercreek 4- way Scrimmage (Beavercreek, Alter, Wilmington) 10:00AM (Jersey for Ashton)

<p>12</p> <p>START OF NORMAL SCHOOL SCHEDULE</p>	<p>13 Practice 2:30-5:30 DEF COACHES SUPERVISE LIFT</p> <p>SKILL: METABOLIC OL/DL: SLEDS - After Practice 10 minutes</p> <p>Varsity Heavy Lift - 35 minutes</p> <p>Individual Stretch - 5 minutes</p>	<p>14 Practice 2:30-5:30 DEF COACHES SUPERVISE LIFT</p> <p>SHORT GASSERS - During Practice 10 minutes</p> <p>JV Heavy Lift - 35 minutes</p> <p>Individual Stretch - 5 minutes</p>	<p>15 Practice 2:30-5:30</p> <p>NO CONDITIONING</p> <p>PNF STRETCH - 15 minutes</p>	<p>16 Harrison (Scrim) 7:00 - Home Frosh @ 5PM</p>	<p>17 Film/Lifting 2:50-5 Varsity Workout Adam Szabo @ Workout</p> <p>FARTLEK - 10 minutes</p> <p>Varsity & JV 3 Way Fitness Lift - 20 minutes</p> <p>PNF STRETCH - 15 minutes</p>	<p>18 OFF</p>
<p>19 Red Helmet Club Kickoff Event 5:00 @ KHS</p>	<p>20 Practice 2:30-5:30</p> <p>SKILL: METABOLIC OL/DL: SLEDS - After Practice 10 minutes</p> <p>Varsity & JV Heavy Lift - 35 minutes</p> <p>Individual Stretch - 5 minutes</p>	<p>21 Practice 2:30-5:30</p> <p>SHORT GASSERS - During Practice 10 minutes</p> <p>Individual Stretch - 5 minutes</p>	<p>22 Practice 2:30-5:30</p> <p>FLYING 60s - Before Practice - 5 minutes</p> <p>Varsity & JV 3 Way Fitness Lift - 20 minutes</p> <p>Individual Stretch - 5 minutes</p>	<p>23 Practice 2:30-5:30</p> <p>NO CONDITIONING</p> <p>PNF STRETCH - 15 minutes</p>	<p>24 Lebanon - HOME</p>	<p>25 Lift/Film 8 - 10 WORKOUT 8-9 AM Adam Szabo @ Workout</p> <p>WARM-UP - 5 minutes</p> <p>FARTLEK - 5 minutes</p> <p>Varsity Functional Lift - 35 minutes</p> <p>STRETCH - 15 minutes</p>

<p>26</p> <p>Need Fresh Legs for Friday</p>	<p>27 Practice 2:30-5:30</p> <p>SKILL: METABOLIC OL/DL: SLEDS - After Practice 10 minutes</p> <p>VARSAITY & JV HEAVY LIFT - 35 minutes</p> <p>INDIVIDUAL STRETCH - 5 minutes</p>	<p>28 Practice 2:30-5:30</p> <p>SHORT GASSERS - During Practice 5 minutes</p> <p>INDIVIDUAL STRETCH - 5 minutes</p>	<p>29 Practice 2:30-5:30</p> <p>FLYING 60s - Before Practice - 5 minutes</p> <p>VARSAITY & JV 3 WAY FITNESS LIFT - 20 minutes</p> <p>INDIVIDUAL STRETCH - 5 minutes</p>	<p>30 Practice 2:30-5:30</p> <p>NO CONDITIONING</p> <p>PNF STRETCH - 15 minutes</p>	<p>31 @ Lakota East</p>	
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SEPTEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Lift/Film 8 - 10 WORKOUT 8-9 AM Adam Szabo @ Workout WARM-UP - 5 minutes FARTLEK -5 minutes VARSITY FUNCTIONAL LIFT - 35 minutes STRETCH - 15 minutes
2 Need Fresh Legs for Friday	3 LABOR DAY Practice 8 - 11 Adam Szabo @ Workout SKILL: METABOLIC OL/DL: SLEDS - After Practice 10 minutes VARSITY & JV HEAVY LIFT - 35 minutes	4 Practice 2:30-5:30 SHORT GASSERS - During Practice 10 minutes INDIVIDUAL STRETCH - 5 minutes	5 Practice 2:30-5:30 FLYING 60s - Before Practice - 5 minutes VARSITY & JV 3 WAY FITNESS LIFT - 20 minutes INDIVIDUAL STRETCH - 5 minutes	6 Practice 2:30-5:30 NO CONDITIONING PNF STRETCH - 15 minutes	7 @ Cov Cath	8 Lift/Film 8 - 10 WORKOUT 8-9 AM Adam Szabo @ Workout WARM-UP - 5 minutes FARTLEK -5 minutes VARSITY FUNCTIONAL LIFT

	INDIVIDUAL STRETCH - 5 minutes					- 35 minutes STRETCH - 15 minutes
9	10 SKILL: METABOLIC OL/DL: SLEDS - After Practice 10 minutes VARSITY & JV HEAVY LIFT - 35 minutes INDIVIDUAL STRETCH - 5 minutes	11 SHORT GASSERS - During Practice 10 minutes INDIVIDUAL STRETCH - 5 minutes	12 FLYING 60s - Before Practice - 5 minutes VARSITY & JV 3 WAY FITNESS LIFT - 20 minutes INDIVIDUAL STRETCH - 5 minutes	13 NO CONDITIONING PNF STRETCH - 15 minutes	14 Anderson - HOME	15 WORKOUT 8-9 AM Adam Szabo @ Workout WARM-UP - 5 minutes FARTLEK -5 minutes VARSITY FUNCTIONAL LIFT - 35 minutes STRETCH - 15 minutes
16	17 SKILL: METABOLIC OL/DL: SLEDS - After Practice 10 minutes VARSITY & JV HEAVY LIFT - 35 minutes INDIVIDUAL STRETCH - 5	18 SHORT GASSERS - During Practice 10 minutes INDIVIDUAL STRETCH - 5 minutes	19 FLYING 60s - Before Practice - 10 minutes VARSITY & JV 3 WAY FITNESS LIFT - 20 minutes INDIVIDUAL STRETCH - 5 minutes	20 NO CONDITIONING PNF STRETCH - 15 minutes	21 @ Turpin NO SCHOOL What is the no school plan to make sure the kids: - get up at a reasonable time? - get 3 meals in before the game? - drink water all day?	22 WORKOUT 8-9 AM Adam Szabo @ Workout WARM-UP - 5 minutes FARTLEK -5 minutes VARSITY FUNCTIONAL LIFT

	minutes					- 35 minutes STRETCH - 15 minutes
23	24	25	26	27	28	29
30	SKILL: METABOLIC OL/DL: SLEDS - After Practice 10 minutes VARSITY & JV HEAVY LIFT - 35 minutes INDIVIDUAL STRETCH - 5 minutes	SHORT GASSERS - During Practice 10 minutes INDIVIDUAL STRETCH - 5 minutes	FLYING 60s - Before Practice - 10 minutes VARSITY & JV 3 WAY FITNESS LIFT - 20 minutes INDIVIDUAL STRETCH - 5 minutes	NO CONDITIONING PNF STRETCH - 15 minutes	Withrow - HC ***INDIVIDUAL STRETCH - 10 minutes*** Has to be done if the players are going to have Saturday off	DAY OFF FOR PLAYERS

OCTOBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	<p>1</p> <p>SKILL: METABOLIC OL/DL: SLEDS - After Practice 10 minutes</p> <p>VARSAITY & JV HEAVY LIFT - 35 minutes</p> <p>INDIVIDUAL STRETCH - 5 minutes</p>	<p>2</p> <p>SHORT GASSERS - During Practice 10 minutes</p> <p>INDIVIDUAL STRETCH - 5 minutes</p>	<p>3</p> <p>FLYING 60s - Before Practice - 10 minutes</p> <p>VARSAITY & JV 3 WAY FITNESS LIFT - 20 minutes</p> <p>INDIVIDUAL STRETCH - 5 minutes</p>	<p>4</p> <p>NO CONDITIONING</p> <p>PNF STRETCH - 15 minutes</p>	<p>5</p> <p>@ Walnut</p>	<p>6</p> <p>WORKOUT 8-9 AM Adam Szabo @ Workout</p> <p>WARM-UP - 5 minutes</p> <p>FARTLEK -5 minutes</p> <p>VARSAITY FUNCTIONAL LIFT - 35 minutes</p> <p>STRETCH - 15 minutes</p>
7	<p>8</p> <p>SKILL: METABOLIC OL/DL: SLEDS - After Practice 10 minutes</p> <p>VARSAITY & JV HEAVY LIFT - 35 minutes</p> <p>INDIVIDUAL STRETCH - 5 minutes</p>	<p>9</p> <p>SHORT GASSERS - During Practice 10 minutes</p> <p>INDIVIDUAL STRETCH - 5 minutes</p>	<p>10</p> <p>NO CONDITIONING</p> <p>VARSAITY & JV 3 WAY FITNESS LIFT - 20 minutes</p> <p>INDIVIDUAL STRETCH - 5 minutes</p>	<p>11</p> <p>NO CONDITIONING</p> <p>PNF STRETCH - 15 minutes</p>	<p>12</p> <p>Milford</p>	<p>13</p> <p>WORKOUT 8-9 AM Adam Szabo @ Workout</p> <p>WARM-UP - 5 minutes</p> <p>FARTLEK -5 minutes</p> <p>VARSAITY FUNCTIONAL LIFT - 35 minutes</p>

						STRETCH - 15 minutes
<p>14</p> <p>START TAPERING</p> <p>START CUTTING BACK ON THE AMOUNT OF PRACTICE TIME OR MAKE PRACTICE EASIER?</p> <p>Workouts will naturally shorten by the number of sets and reps</p>	<p>15</p> <p>SKILL: METABOLIC OL/DL: SLEDS - After Practice 10 minutes</p> <p>VARSAITY & JV HEAVY LIFT - 35 minutes</p> <p>INDIVIDUAL STRETCH - 5 minutes</p>	<p>16</p> <p>SHORT GASSERS - During Practice 10 minutes</p> <p>INDIVIDUAL STRETCH - 5 minutes</p>	<p>17</p> <p>NO CONDITIONING</p> <p>VARSAITY & JV 3 WAY FITNESS LIFT - 20 minutes</p> <p>INDIVIDUAL STRETCH - 5 minutes</p>	<p>18</p> <p>NO CONDITIONING</p> <p>PNF STRETCH - 15 minutes</p>	<p>19</p> <p>@ Loveland</p>	<p>20</p> <p>WORKOUT 8-9 AM Adam Szabo @ Workout</p> <p>WARM-UP - 5 minutes</p> <p>FARTLEK - 5 minutes</p> <p>VARSAITY FUNCTIONAL LIFT - 35 minutes</p> <p>STRETCH - 15 minutes</p>
<p>21</p>	<p>22</p> <p>SKILL: METABOLIC OL/DL: SLEDS - After Practice 10 minutes</p> <p>VARSAITY & JV HEAVY LIFT - 35 minutes</p> <p>INDIVIDUAL</p>	<p>23</p> <p>SHORT GASSERS - During Practice 10 minutes</p> <p>INDIVIDUAL STRETCH - 5 minutes</p>	<p>24</p> <p>NO CONDITIONING</p> <p>VARSAITY & JV 3 WAY FITNESS LIFT - 20 minutes</p> <p>INDIVIDUAL STRETCH - 5 minutes</p>	<p>25</p> <p>NO CONDITIONING</p> <p>PNF STRETCH - 15 minutes</p>	<p>26</p> <p>W. Clermont - Home</p>	<p>27</p> <p>WORKOUT 8-9 AM Adam Szabo @ Workout</p> <p>WARM-UP - 5 minutes</p> <p>FARTLEK - 5 minutes</p> <p>VARSAITY</p>

	STRETCH - 5 minutes					FUNCTIONAL LIFT - 35 minutes STRETCH - 15 minutes
28	29 SKILL: METABOLIC OL/DL: SLEDS - After Practice 10 minutes VARSITY & JV HEAVY LIFT - 35 minutes INDIVIDUAL STRETCH - 5 minutes	30 SHORT GASSERS - During Practice 5 minutes INDIVIDUAL STRETCH - 5 minutes	31 NO CONDITIONING VARSITY & JV 3 WAY FITNESS LIFT - 20 minutes INDIVIDUAL STRETCH - 5 minutes			

NOVEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 NO CONDITIONING PNF STRETCH - 15 minutes	2 Playoffs First Round	3 WORKOUT 8-9 AM Adam Szabo @ Workout WARM-UP - 5 minutes FARTLEK -5 minutes VARSITY FUNCTIONAL LIFT - 35 minutes STRETCH - 15 minutes
4	5 SKILL: METABOLIC OL/DL: SLEDS - After Practice 10 minutes VARSITY & JV HEAVY LIFT - 35 minutes INDIVIDUAL STRETCH - 5 minutes	6 NO SCHOOL SHORT GASSERS - During Practice 5 minutes INDIVIDUAL STRETCH - 5 minutes	7 NO CONDITIONING VARSITY & JV 3 WAY FITNESS LIFT - 20 minutes INDIVIDUAL STRETCH - 5 minutes	8 NO CONDITIONING PNF STRETCH - 15 minutes	9 Regional Semifinal	10 WORKOUT 8-9 AM Adam Szabo @ Workout WARM-UP - 5 minutes FARTLEK -5 minutes VARSITY FUNCTIONAL LIFT - 35 minutes STRETCH - 15 minutes

11	<p>12</p> <p>SKILL: METABOLIC OL/DL: SLEDS - After Practice 10 minutes</p> <p>VARSAITY & JV HEAVY LIFT - 35 minutes</p> <p>INDIVIDUAL STRETCH - 5 minutes</p>	<p>13</p> <p>SHORT GASSERS - During Practice 5 minutes</p> <p>INDIVIDUAL STRETCH - 5 minutes</p>	<p>14</p> <p>NO CONDITIONING</p> <p>VARSAITY & JV 3 WAY FITNESS LIFT - 20 minutes</p> <p>INDIVIDUAL STRETCH - 5 minutes</p>	<p>15</p> <p>NO CONDITIONING</p> <p>PNF STRETCH - 15 minutes</p>	<p>16</p> <p>Regional Final</p>	<p>17</p> <p>WORKOUT 8-9 AM Adam Szabo @ Workout</p> <p>WARM-UP - 5 minutes</p> <p>FARTLEK -5 minutes</p> <p>VARSAITY FUNCTIONAL LIFT - 35 minutes</p> <p>STRETCH - 15 minutes</p>
18	<p>19</p> <p>SKILL: METABOLIC OL/DL: SLEDS - After Practice 10 minutes</p> <p>VARSAITY & JV HEAVY LIFT - 35 minutes</p> <p>INDIVIDUAL</p>	<p>20</p> <p>SHORT GASSERS - During Practice 5 minutes</p> <p>INDIVIDUAL STRETCH - 5 minutes</p>	<p>21</p> <p>NO CONDITIONING</p> <p>VARSAITY & JV 3 WAY FITNESS LIFT - 20 minutes</p> <p>INDIVIDUAL STRETCH - 5 minutes</p>	<p>22</p> <p>NO CONDITIONING</p> <p>PNF STRETCH - 15 minutes</p>	<p>23</p> <p>State Semifinal</p>	<p>24</p> <p>WORKOUT 8-9 AM Adam Szabo @ Workout</p> <p>WARM-UP - 5 minutes</p> <p>FARTLEK -5 minutes</p> <p>VARSAITY FUNCTIONAL LIFT</p>

	STRETCH - 5 minutes					- 35 minutes STRETCH - 15 minutes
25	<p>26</p> <p>SKILL: METABOLIC OL/DL: SLEDS - After Practice 10 minutes</p> <p>VARSAITY & JV HEAVY LIFT - 35 minutes</p> <p>INDIVIDUAL STRETCH - 5 minutes</p>	<p>27</p> <p>SHORT GASSERS - During Practice 5 minutes</p> <p>INDIVIDUAL STRETCH - 5 minutes</p>	<p>28</p> <p>NO CONDITIONING</p> <p>VARSAITY & JV 3 WAY FITNESS LIFT - 20 minutes</p> <p>INDIVIDUAL STRETCH - 5 minutes</p>	<p>29</p> <p>NO CONDITIONING</p> <p>PNF STRETCH - 15 minutes</p>	<p>30</p> <p>State Championship</p>	