

# **2012 SEMESTER 2 LIFTING SCHEDULE**

Month	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Jan 2012	1	2	3	4	5	6 INTRO MEETING 7:30am Room 316	7
	8	9 INTRO 1 7:00am 3:00pm Room 316	10 INTRO 2 7:00am 3:00pm Room 316	11	12 INTRO 3 7:00am 3:00pm Room 316	13 INTRO 4 7:00am 3:00pm Room 316	14
	15	16 Subvarsity Intro Workout 2:30pm Weightroom	17 Varsity Intro Workout # 2:30pm Weightroom	18 Subvarsity Intro Workout 2:30pm Weightroom	19 Varsity Intro Workout 2:30pm Weightroom	20	21
	22	23 WORKOUT 1 Varsity <u>6:30-7:15am</u> Sub Varsity 3:00-4:00pm	24 WORKOUT 2 Sub Varsity 3:00-4:00pm	25 WORKOUT 3 Varsity <u>6:30-7:15am</u>	26 WORKOUT 4 Sub Varsity 3:00-4:00pm	27 WORKOUT 5 Varsity <u>6:30-7:15am</u>	28
	29	30 WORKOUT 6 Varsity <u>6:30-7:15am</u> Sub Varsity 3:00-4:00pm	31 WORKOUT 7 Sub Varsity 3:00-4:00pm	1 WORKOUT 8 Varsity <u>6:30-7:15am</u>	2 WORKOUT 9 Sub Varsity 3:00-4:00pm	3 WORKOUT 10 Varsity <u>6:30-7:15am</u>	4
Feb 2012	5	6 WORKOUT 11 Varsity <u>6:30-7:15am</u> Sub Varsity 3:00-4:00pm	7 WORKOUT 12 Sub Varsity 3:00-4:00pm	8 WORKOUT 13 Varsity <u>6:30-7:15am</u>	9 WORKOUT 14 Sub Varsity 3:00-4:00pm	10 WORKOUT 15 Varsity <u>6:30-7:15am</u>	11
	12	13 WORKOUT 16 Varsity <u>6:30-7:15am</u> Sub Varsity 3:00-4:00pm	14 WORKOUT 17 Sub Varsity 3:00-4:00pm	15 WORKOUT 18 Varsity <u>6:30-7:15am</u>	16 WORKOUT 19 Sub Varsity 3:00-4:00pm	17 WORKOUT 20 Varsity <u>6:30-7:15am</u>	18
	19	20 WORKOUT 21 Varsity <u>6:30-7:15am</u> Sub Varsity 3:00-4:00pm	21 WORKOUT 22 Sub Varsity 3:00-4:00pm	22 WORKOUT 23 Varsity <u>6:30-7:15am</u>	23 WORKOUT 24 Sub Varsity 3:00-4:00pm	24 WORKOUT 25 Varsity <u>6:30-7:15am</u>	25
	26	27 VACATION	28 VACATION	29 VACATION	1 VACATION	2 VACATION	3
Mar 2012	4	5 VACATION	6 VACATION	7 WORKOUT 26 Varsity <u>6:30-7:15am</u>	8 WORKOUT 27 Sub Varsity 3:00-4:00pm Leadership Class #1 7:00 am Room 316	9 WORKOUT 28 Varsity <u>6:30-7:15am</u>	10

Month	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>11</b>	<b>12</b> WORKOUT 29 Varsity <u>6:30-7:15am</u> Sub Varsity 3:00-4:00pm	<b>13</b> WORKOUT 30 Sub Varsity 3:00-4:00pm	<b>14</b> WORKOUT 31 Varsity <u>6:30-7:15am</u>	<b>15</b> WORKOUT 32 Sub Varsity <u>3:00-4:00pm</u> Leadership Class #2 7:00 am Room 316	<b>16</b> WORKOUT 33 Varsity <u>6:30-7:15am</u>	<b>17</b> LIFT-A-THON 10:00am Weight room
	<b>18</b>	<b>19</b> WORKOUT 34 Varsity <u>6:30-7:15am</u> Sub Varsity 3:00-4:00pm	<b>20</b> WORKOUT 35 Sub Varsity 3:00-4:00pm	<b>21</b> WORKOUT 36 Varsity <u>6:30-7:15am</u>	<b>22</b> WORKOUT 37 Sub Varsity <u>3:00-4:00pm</u> Leadership Class #3 7:00 am Room 316	<b>23</b> WORKOUT 38 Varsity <u>6:30-7:15am</u>	<b>24</b>
	<b>25</b>	<b>26</b> WORKOUT 39 Varsity <u>6:30-7:15am</u> Sub Varsity 3:00-4:00pm	<b>27</b> WORKOUT 40 Sub Varsity 3:00-4:00pm	<b>28</b> WORKOUT 41 Varsity <u>6:30-7:15am</u>	<b>29</b> WORKOUT 42 Sub Varsity <u>3:00-4:00pm</u> Leadership Class #4 7:00 am Room 316	<b>30</b> WORKOUT 43 Varsity <u>6:30-7:15am</u>	<b>31</b>
Apr 2012	<b>1</b>	<b>2</b> WORKOUT 44 Varsity <u>6:30-7:15am</u> Sub Varsity 3:00-4:00pm	<b>3</b> WORKOUT 45 Sub Varsity 3:00-4:00pm	<b>4</b> WORKOUT 46 Varsity <u>6:30-7:15am</u>	<b>5</b> WORKOUT 47 Sub Varsity <u>3:00-4:00pm</u> Leadership Class #5 7:00 am Room 316	<b>6</b> WORKOUT 48 Varsity <u>6:30-7:15am</u>	<b>7</b>
	<b>8</b>	<b>9</b> WORKOUT 49 Varsity <u>6:30-7:15am</u> Sub Varsity 3:00-4:00pm	<b>10</b> WORKOUT 50 Sub Varsity 3:00-4:00pm	<b>11</b> WORKOUT 51 Varsity <u>6:30-7:15am</u>	<b>12</b> WORKOUT 52 Sub Varsity <u>3:00-4:00pm</u> Leadership Class #6 7:00 am Room 316	<b>13</b> WORKOUT 53 Varsity <u>6:30-7:15am</u>	<b>14</b>
	<b>15</b>	<b>16</b> VACATION	<b>17</b> VACATION	<b>18</b> VACATION	<b>19</b> VACATION	<b>20</b> VACATION	<b>21</b>
	<b>22</b>	<b>23</b> WORKOUT 54 Varsity <u>6:30-7:15am</u> Sub Varsity 3:00-4:00pm	<b>24</b> WORKOUT 55 Sub Varsity 3:00-4:00pm	<b>25</b> WORKOUT 56 Varsity <u>6:30-7:15am</u>	<b>26</b> WORKOUT 57 Sub Varsity <u>3:00-4:00pm</u> Leadership Class #7 7:00 am Room 316	<b>27</b> WORKOUT 58 Varsity <u>6:30-7:15am</u>	<b>28</b>
	<b>29</b>	<b>30</b> WORKOUT 59 Varsity <u>6:30-7:15am</u> Sub Varsity 3:00-4:00pm	<b>1</b> WORKOUT 60 Sub Varsity 3:00-4:00pm	<b>2</b> WORKOUT 61 Varsity <u>6:30-7:15am</u>	<b>3</b> WORKOUT 62 Sub Varsity <u>3:00-4:00pm</u> Leadership Class #8 7:00 am Room 316	<b>4</b> WORKOUT 63 Varsity <u>6:30-7:15am</u>	<b>5</b>
May 2012	<b>6</b>	<b>7</b> WORKOUT 64 Varsity <u>6:30-7:15am</u> Sub Varsity 3:00-4:00pm	<b>8</b> WORKOUT 65 Sub Varsity 3:00-4:00pm	<b>9</b> WORKOUT 66 Varsity <u>6:30-7:15am</u>	<b>10</b> WORKOUT 67 Sub Varsity <u>3:00-4:00pm</u> Leadership Class #9 7:00 am Room 316	<b>11</b> WORKOUT 68 Varsity <u>6:30-7:15am</u>	<b>12</b>

Month	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>13</b>	<b>14</b> WORKOUT 69 Varsity <u>6:30-7:15am</u> Sub Varsity 3:00-4:00pm	<b>15</b> WORKOUT 70 Sub Varsity 3:00-4:00pm	<b>16</b> WORKOUT 71 Varsity <u>6:30-7:15am</u>	<b>17</b> WORKOUT 72 Sub Varsity <u>3:00-4:00pm</u> Leadership Class #10 7:00 am Room 316	<b>18</b> WORKOUT 73 Varsity <u>6:30-7:15am</u>	<b>19</b>
	<b>20</b>	<b>21</b> WORKOUT 74 Varsity <u>6:30-7:15am</u> Sub Varsity <u>3:00-4:00pm</u> Leadership Interviews TBA Conference Room	<b>22</b> WORKOUT 75 Sub Varsity <u>3:00-4:00pm</u> Leadership Interviews TBA Conference Room	<b>23</b> WORKOUT 76 Varsity <u>6:30-7:15am</u> Leadership Interviews TBA Conference Room	<b>24</b> WORKOUT 77 Sub Varsity 3:00-4:00pm Leadership Interviews TBA Conference Room	<b>25</b> WORKOUT 78 Varsity <u>6:30-7:15am</u>	<b>26</b>
	<b>27</b>	<b>28</b> MEMORIAL DAY NO WORKOUT	<b>29</b> WORKOUT 79 Sub Varsity 3:00-4:00pm	<b>30</b> WORKOUT 80 Varsity <u>6:30-7:15am</u>	<b>31</b> WORKOUT 81 Sub Varsity 3:00-4:00pm	<b>1</b> WORKOUT 82 Varsity <u>6:30-7:15am</u>	<b>2</b>
Jun 2012	<b>3</b>	<b>4</b> WORKOUT 83 Varsity <u>6:30-7:15am</u> Sub Varsity 3:00-4:00pm	<b>5</b> WORKOUT 84 Sub Varsity 3:00-4:00pm	<b>6</b> WORKOUT 85 Varsity <u>6:30-7:15am</u>	<b>7</b> WORKOUT 86 Sub Varsity 3:00-4:00pm	<b>8</b> WORKOUT 87 Varsity <u>6:30-7:15am</u>	<b>9</b>
	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	<b>17</b> SUMMER BBQ And FLAG FOOTBALL 4pm-6pm Sanborn Hall	<b>18</b>	<b>19</b> WORKOUT 88 9-10 5:30-6:30pm 11-12 6:30-7:45pm	<b>20</b>	<b>21</b> WORKOUT 89 9-10 5:30-6:30pm 11-12 6:30-7:45pm	<b>22</b>	<b>23</b>
	<b>24</b> WORKOUT 90 9-10 5:30-6:30pm 11-12 6:30-7:45pm	<b>25</b>	<b>26</b> WORKOUT 91 9-10 5:30-6:30pm 11-12 6:30-7:45pm	<b>27</b>	<b>28</b> WORKOUT 92 9-10 5:30-6:30pm 11-12 6:30-7:45pm	<b>29</b>	<b>30</b>
Jul 2012	<b>1</b> WORKOUT 93 9-10 5:30-6:30pm 11-12 6:30-7:45pm	<b>2</b>	<b>3</b> WORKOUT 94 9-10 5:30-6:30pm 11-12 6:30-7:45pm	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
	<b>8</b> WORKOUT 95 9-10 5:30-6:30pm 11-12 6:30-7:45pm	<b>9</b>	<b>10</b> WORKOUT 96 9 5:30-6:30pm MINI-CAMP 10-11-12 6:30-7:45pm	<b>11</b>	<b>12</b> WORKOUT 97 9 5:30-6:30pm MINI-CAMP 10-11-12 6:30-7:45pm	<b>13</b> MINI-CAMP 10-11-12 6:30-7:45pm	<b>14</b> KINGDOM CAMP 10:00-12:00 2:00-4:00 LI Practice Field

Month	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>15</b> KINGDOM CAMP 10:00-12:00 2:00-4:00 LI Practice Field NO LIFTING!!	<b>16</b> KINGDOM CAMP 10:00-12:00 2:00-4:00 LI Practice Field	<b>17</b> KINGDOM CAMP SCRIMMAGE FILM REVIEW	<b>18</b>	<b>19</b> WORKOUT 98 9-10 5:30-6:30pm 11-12 6:30-7:45pm	<b>20</b>	<b>21</b>
	<b>22</b> WORKOUT 99 9-10 5:30-6:30pm 11-12 6:30-7:45pm	<b>23</b>	<b>24</b> WORKOUT 100 9-10 5:30-6:30pm 11-12 6:30-7:45pm	<b>25</b>	<b>26</b> WORKOUT 101 9-10 5:30-6:30pm 11-12 6:30-7:45pm	<b>27</b>	<b>28</b>
	<b>29</b> WORKOUT 102 9-10 5:30-6:30pm 11-12 6:30-7:45pm	<b>30</b>	<b>31</b> WORKOUT 103 9-10 5:30-6:30pm 11-12 6:30-7:45pm	<b>1</b>	<b>2</b> WORKOUT 104 9-10 5:30-6:30pm 11-12 6:30-7:45pm	<b>3</b>	<b>4</b>
Aug 2012	<b>5</b>	<b>6</b> EQUIPMENT DISTRIBUTION Seniors 5:30-6:30pm Sanborn Hall	<b>7</b> EQUIPMENT DISTRIBUTION Juniors 5:30-6:30pm Sanborn Hall	<b>8</b> EQUIPMENT DISTRIBUTION Sophomores 5:30-6:30pm Sanborn Hall	<b>9</b> EQUIPMENT DISTRIBUTION Freshmen 5:30-6:30pm Sanborn Hall	<b>10</b> TEAM MEETING 9-12 and Parents 6:00-7:00pm Auditorium	<b>11</b>
	<b>12</b>	<b>13</b> TWO-A-DAYS 10-12 Meeting 12:15 to 12:45 Practice 1:00 to 3:00  Meeting 4:15 to 4:45 Practice 5:00 to 7:00	<b>14</b> TWO-A-DAYS 10-12 Meeting 12:15 to 12:45 Practice 1:00 to 3:00  Meeting 4:15 to 4:45 Practice 5:00 to 7:00	<b>15</b> TWO-A-DAYS 10-12 Meeting 12:15 to 12:45 Practice 1:00 to 3:00  Meeting 4:15 to 4:45 Practice 5:00 to 7:00	<b>16</b> TWO-A-DAYS 10-12 Meeting 12:15 to 12:45 Practice 1:00 to 3:00  Meeting 4:15 to 4:45 Practice 5:00 to 7:00	<b>17</b> TBD	<b>18</b> SCRIMMAGE @ Spaulding HS TIME TBD
	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> SCRIMMAGE Vs. Oxbow TIME TBD
	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> GAME @ Milton 7pm	<b>1</b>
Sep 2012	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> GAME @ Otter Valley 1pm
	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b> GAME Vs. Springfield 1pm
	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> GAME @ U-32 7pm	<b>22</b>

Month	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	23	24	25	26	27	28	29 BARREL BOWL Vs. NCU 1pm
	30	1	2	3	4	5	6 GAME Vs. BBA 1pm
Oct 2012	7	8	9	10	11	12	13 GAME @ Bellows Falls 1pm
	14	15	16	17	18	19	20 GAME @ SJA 1pm
	21	22	23	24	25	26	27 GAME Vs. Rice 1pm
	28	29	30	31	1	2 SEMIFINALS	3 SEMIFINALS
Nov 2012	4	5	6	7	8	9	10 CHAMPIONSHIP
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	1
Dec 2012	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
	30	31	1	2	3	4	5