

# January

*Sun*

*Mon*

*Tue*

*Wed*

*Thu*

*Fri*

*Sat*

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**21**

**22**

WORKOUT 1  
Varsity  
6:30-7:15am  
Sub Varsity  
3:00-4:00pm

WORKOUT 2  
Varsity  
6:30-7:15am  
Sub Varsity  
3:00-4:00pm

WORKOUT 3  
Varsity  
6:30-7:15am  
SV Optional  
3:00-4:00pm

**23**

**24**

**25**

**26**

**27**

**28**

**29**

WORKOUT 4  
Varsity  
6:30-7:15am  
Sub Varsity  
3:00-4:00pm

WORKOUT 5  
Varsity  
6:30-7:15am  
Sub Varsity  
3:00-4:00pm

WORKOUT 6  
Varsity  
6:30-7:15am  
SV Optional  
3:00-4:00pm

**30**

**31**

WORKOUT 7  
Varsity  
6:30-7:15am  
Sub Varsity  
3:00-4:00pm

2011

# February

*Sun*

*Mon*

*Tue*

*Wed*

*Thu*

*Fri*

*Sat*

**1**

**2**

**3**

**4**

**5**

WORKOUT 8  
Varsity  
6:30-7:15am  
Sub Varsity  
3:00-4:00pm

WORKOUT 9  
Varsity  
6:30-7:15am  
SV Optional  
3:00-4:00pm

**6**

**7**

**8**

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**11**

**12**

WORKOUT 10  
Varsity  
6:30-7:15am  
Sub Varsity  
3:00-4:00pm

WORKOUT 11  
Varsity  
6:30-7:15am  
Sub Varsity  
3:00-4:00pm

WORKOUT 12  
Varsity  
6:30-7:15am  
SV Optional  
3:00-4:00pm

**13**

**14**

**15**

**16**

**17**

**18**

**19**

WORKOUT 13  
Varsity  
6:30-7:15am  
Sub Varsity  
3:00-4:00pm

WORKOUT 14  
Varsity  
6:30-7:15am  
Sub Varsity  
3:00-4:00pm

WORKOUT 15  
Varsity  
6:30-7:15am  
SV Optional  
3:00-4:00pm

**20**

**21**

**22**

**23**

**24**

**25**

**26**

VACATION –  
NO LIFTING

VACATION –  
NO LIFTING

VACATION – NO  
LIFTING

**27**

**28**

VACATION – NO  
LIFTING

2011

# March

*Sun*

*Mon*

*Tue*

*Wed*

*Thu*

*Fri*

*Sat*

**1**

**2**

**3**

**4**

**5**

WORKOUT 16  
Varsity  
6:30-7:15am  
Sub Varsity  
3:00-4:00pm

WORKOUT 17  
Varsity  
6:30-7:15am  
SV Optional  
3:00-4:00pm

**6**

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**12**

WORKOUT 18  
Varsity  
6:30-7:15am  
Sub Varsity  
3:00-4:00pm

WORKOUT 19  
Varsity  
6:30-7:15am  
Sub Varsity  
3:00-4:00pm

Leadership  
Seminar 1  
6:30am

WORKOUT 20  
Varsity  
6:30-7:15am  
SV Optional  
3:00-4:00pm

LIFT-a-THON

**13**

**14**

**15**

**16**

**17**

**18**

**19**

WORKOUT 21  
Varsity  
6:30-7:15am  
Sub Varsity  
3:00-4:00pm

WORKOUT 22  
Varsity  
6:30-7:15am  
Sub Varsity  
3:00-4:00pm

Leadership  
Seminar 2  
6:30am

WORKOUT 23  
Varsity  
6:30-7:15am  
SV Optional  
3:00-4:00pm

**20**

**21**

**22**

**23**

**24**

**25**

**26**

WORKOUT 24  
Varsity  
6:30-7:15am  
Sub Varsity  
3:00-4:00pm

WORKOUT 25  
Varsity  
6:30-7:15am  
Sub Varsity  
3:00-4:00pm

Leadership  
Seminar 3  
6:30am

WORKOUT 26  
Varsity  
6:30-7:15am  
SV Optional  
3:00-4:00pm

**27**

**28**

**29**

**30**

**31**

WORKOUT 27  
Varsity  
6:30-7:15am  
Sub Varsity  
3:00-4:00pm

WORKOUT 28  
Varsity  
6:30-7:15am  
Sub Varsity  
3:00-4:00pm

Leadership  
Seminar 4  
6:30am

2011

# April

*Sun*

*Mon*

*Tue*

*Wed*

*Thu*

*Fri*

*Sat*

**3**

**4**

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**6**

**7**

**8**

**9**

WORKOUT 30  
Varsity  
6:30-7:15am  
Sub Varsity  
3:00-4:00pm

WORKOUT 31  
Varsity  
6:30-7:15am  
Sub Varsity  
3:00-4:00pm

Leadership  
Seminar 5  
6:30am

WORKOUT 29  
Varsity  
6:30-7:15am  
SV Optional  
3:00-4:00pm

WORKOUT 32  
Varsity  
6:30-7:15am  
SV Optional  
3:00-4:00pm

**10**

**11**

**12**

**13**

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**15**

**16**

VACATION  
NO LIFTING

VACATION  
NO LIFTING

VACATION  
NO LIFTING

**17**

**18**

**19**

**20**

**21**

**22**

**23**

WORKOUT 33  
Varsity  
6:30-7:15am  
Sub Varsity  
3:00-4:00pm

WORKOUT 34  
Varsity  
6:30-7:15am  
Sub Varsity  
3:00-4:00pm

Leadership  
Seminar 6  
6:30am

WORKOUT 35  
Varsity  
6:30-7:15am  
SV Optional  
3:00-4:00pm

**24**

**25**

**26**

**27**

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**29**

**30**

WORKOUT 36  
Varsity  
6:30-7:15am  
Sub Varsity  
3:00-4:00pm

WORKOUT 37  
Varsity  
6:30-7:15am  
Sub Varsity  
3:00-4:00pm

Leadership  
Seminar 7  
6:30am

WORKOUT 38  
Varsity  
6:30-7:15am  
SV Optional  
3:00-4:00pm

2011

# May

*Sun*

**1**

**8**

**15**

**22**

**29**

*Mon*

**2**

WORKOUT 39  
Varsity  
6:30-7:15am  
Sub Varsity  
3:00-4:00pm

**9**

WORKOUT 42  
Varsity  
6:30-7:15am  
Sub Varsity  
3:00-4:00pm

**16**

WORKOUT 45  
Varsity  
6:30-7:15am  
Sub Varsity  
3:00-4:00pm

**23**

WORKOUT 48  
Varsity  
6:30-7:15am  
Sub Varsity  
3:00-4:00pm

**30**

*Tue*

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**17**

**24**

**31**

*Wed*

**4**

WORKOUT 40  
Varsity  
6:30-7:15am  
Sub Varsity  
3:00-4:00pm

**11**

WORKOUT 43  
Varsity  
6:30-7:15am  
Sub Varsity  
3:00-4:00pm

**18**

WORKOUT 46  
Varsity  
6:30-7:15am  
Sub Varsity  
3:00-4:00pm

**25**

WORKOUT 49  
Varsity  
6:30-7:15am  
Sub Varsity  
3:00-4:00pm

*Thu*

**5**

Leadership  
Seminar 8  
6:30am

**12**

Leadership  
Seminar 9  
6:30am

**19**

Leadership  
Seminar 10  
6:30am

**26**

*Fri*

**6**

WORKOUT 41  
Varsity  
6:30-7:15am  
SV Optional  
3:00-4:00pm

**13**

WORKOUT 44  
Varsity  
6:30-7:15am  
SV Optional  
3:00-4:00pm

**20**

WORKOUT 47  
Varsity  
6:30-7:15am  
SV Optional  
3:00-4:00pm

**27**

WORKOUT 50  
Varsity  
6:30-7:15am  
SV Optional  
3:00-4:00pm

*Sat*

**7**

**14**

**21**

**28**

2011

# June

*Sun*

*Mon*

*Tue*

*Wed*

*Thu*

*Fri*

*Sat*

**1**

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**30**

**2011**