

~ July 2010 ~

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|--|--|--|--|-----------|-----------|
| 18 | 19 Strength and Cond. 8 am to 10 am Youth Speed Camp 5 pm to 7 pm | 20 Strength and Cond. 8 am to 10 am Youth Speed Camp 5 pm to 7 pm | 21 Strength and Cond. 8 am to 10 am Youth Speed Camp 5 pm to 7 pm | 22 Strength and Cond. 8 am to 10 am Youth Speed Camp 5 pm to 7 pm | 23 | 24 |
| 25 | 26 Strength and Cond. 8 am to 10 am Youth Testing 5 pm to 7 pm | 27 Strength and Cond. 8 am to 10 am Youth Testing 5 pm to 7 pm | 28 Strength and Cond. 8 am to 10 am | 29 Strength and Cond. 8 am to 10 am Team Meeting 11 am to 12 | 30 | 31 |
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| ~ August 2010 ~ | | | | | | |
|-----------------|---|--|--|--|---|--|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 1 | 2 Testing 8 am to 10 am Fish Camp 10 pm to 12 pm | 3 Testing 8 am to 10 am Fish Camp 10 pm to 12 pm | 4 Make-up Testing 8 am to 10 am Fish Camp 10 pm to 12 pm | 5 Make-up Testing 8 am to 10 am Fish Camp 10 pm to 12 pm 6 pm Parent Meeting | 6 Equipment Issue 7:30 am Seniors 8:00 Juniors 9:00 Sophomores 10:00 Freshman 11:00-12:00 Freshman Talk 5 pm Freshman and Transfer Physicals | 7 |
| 8 | 9 1 st Day of Practice 7am to 8:30 Practice 9:00 to 10:30 Practice 10:30-11 Practice 10:30-11 Make-up Conditioning 11 to 12:30pm Weights/Mats 1 pm to 2 pm Training Table 2 pm to 4 pm Movie/Rest 4 to 4:45 Meetings 4:45 Pre Practice 5 to 6:30 Practice 3 to 5:30 Freshman Practice 5:45-6:30 Frosh Wts 7-:7:30 Frosh Wts Round Table | 10 7am to 8:30 Practice 9:00 to 10:30 Practice 10:30-11 Make-up Conditioning 11 to 12:30pm Weights/Mats 1 pm to 2 pm Training Table 2 pm to 4 pm Movie/Rest 4 to 4:45 Meetings 4:45 Pre Practice 5 to 6:30 Practice 3 to 5:30 Freshman Practice 5:45-6:30 Frosh Wts 7-:7:30 Round Table | 11 7am to 8:30 Practice 9:00 to 10:30 Practice 10:30-11 Make-up Conditioning 11 to 12:30pm Weights/Mats 1 pm to 2 pm Training Table 2 pm to 4 pm Movie/Rest 4 to 4:45 Meetings 4:45 Pre Practice 5 to 6:30 Practice 3 to 5:30 Freshman Practice 5:45-6:30 Frosh Wts 7-:7:30 Round Table | 12 7am to 8:30 Practice 9:00 to 10:30 Practice 10:30-11 Make-up Conditioning 11 to 12:30pm Weights/Mats 1 pm to 2 pm Training Table 2 pm to 4 pm Movie/Rest 4 to 4:45 Meetings 4:45 Pre Practice 5 to 6:30 Practice 3 to 5:30 Freshman Practice 5:45-6:30 Frosh Wts 7-:7:30 Round Table | 13 1 st Day of Pads 7 am to 9 am Practice 10 to 11 am Meetings 10 am to 12 pm Practice 3 to 5 pm Freshman Practice | 14 Media Day 9 am Books 11 am Scrimmage 1:00 pm Food/Games/Autographs/Interviews 4 pm Pictures 6 pm to 7:00 pm Town Pep Rally |

| ~ August 2010 ~ | | | | | | |
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| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 15 Off | 16 3pm to 4 pm Weights and Mats 4 pm to 5 pm Meetings 5 pm to 7 pm Practice 3pm to 5 pm Freshman Practice 5:15 to 6pm Frosh Weights | 17 3pm to 4 pm Weights and Mats 4 pm to 5 pm Meetings 5 pm to 7 pm Practice 3pm to 5 pm Freshman Practice 5:15 to 6pm Frosh Weights | 18 3pm to 4 pm Weights and Mats 4 pm to 5 pm Meetings 5 pm to 7 pm Practice 3pm to 5 pm Freshman Practice 5:15 to 6pm Frosh Weights | 19 3pm to 4 pm Walk Through Practice All Teams 4:30 Groups in Gym 5 pm to 8 pm Blitz 8 pm Meal | 20 Arrive at 7 pm Buses depart at 7:30 Scrimmage @ Nimitz 9 am- Sub Varsity 11 am – Varsity | 21 10 a.m. to 11 a.m Team Wts. And Conditioning 11 a.m. Film |
| 22 Off | 23 1 st Day of School 3:35-6:05 Practice 3:35-5 pm Freshman Practice 5:15-6 pm Freshman Wts 6 to 7pm Frosh Study Hall 6:30 to 7:30 Study Hall | 24 3:35-5:45 Practice 3:35-5 pm Freshman Practice 5:15-6 pm Freshman Wts 6 to 7pm Frosh Study Hall 6:10 to 7:10 Study Hall | 25 3:35-5:35 Practice 3:35-4:35 pm Freshman Practice 4:50-5:35 pm Freshman Wts 5:40 to 6:40pm Frosh Study Hall 6:00 to 7:00 Study Hall | 26 3:30 to 4:30- Var Meetings JV vs. Brazoswood @ Brazoswood HS 5/6:30 Freshman vs. Brazoswood @ Bellaire HS 4/5:30 | 27 Varsity vs. Brazoswood @ Butler 7:30 pm | 28 10 a.m. Varsity Wts./Running/Film |
| 29 | 30 3:35-6:05 Practice 3:35-5 pm Freshman Practice 5:15-6 pm Freshman Wts 6 to 7pm Frosh Study Hall 6:30 to 7:30 Study Hall | 31 3:35-5:45 Practice 3:35-5 pm Freshman Practice 5:15-6 pm Freshman Wts 6 to 7pm Frosh Study Hall 6:10 to 7:10 Study Hall | Notes: | | | |

| ~ September 2010 ~ | | | | | | |
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| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | 1 3:30 to 4:30- Var Meetings JV vs. Hastings@ Bellaire HS 4/5:30 Freshman vs. Hastings @ Crump 5/6:30 | 2 3:30 to 4 pm Var Meetings 4:00-5:30 Practice No Freshman Practice | 3 3:30 to 4:30 pm Var Ghost Game/Meetings | 4 Players arrive @ 2 pm Varsity Vs. Hastings @ Crump 6 pm |
| 5 l | 6 8am Varsity Film/Meetings 10am-12 Practice 12-1pm Weights. 8:30- 10am Freshman Practice 10-11am Freshman Weights | 7 3:35-5:45 Practice 3:35-5 pm Freshman Practice 5:15-6 pm Freshman Wts 6 to 7pm Frosh Study Hall 6:10 to 7:10 Study Hall | 8 3:35-5:35 Practice 3:35-4:35 pm Freshman Practice 4:50-5:35 pm Freshman Wts 5:40 to 6:40pm Frosh Study Hall 6:00 to 7:00 Study Hall | 9 3:30 to 4:30- Var Meetings JV vs. Oakridge@ Oakridge HS 5/6:30 Freshman vs. Oakridge @ Bellaire HS 4/5:30 | 10 Varsity vs. Oakridge @ Delmar 7:30 pm Junior High/ Elementary Night | 11 10 a.m. Varsity Wts./Running/Film |
| 12 OFF | 13 3:35-6:05 Practice 3:35-5 pm Freshman Practice 5:15-6 pm Freshman Wts 6 to 7pm Frosh Study Hall 6:30 to 7:30 Study Hall | 14 3:35-5:35 Practice 3:35-5 pm Freshman Practice 5:15-6 pm Freshman Wts 6 to 7pm Frosh Study Hall 6:00 to 7:00 Study Hall | 15 3:35-5:35 Practice 3:35-4:35 pm Freshman Practice 4:50-5:35 pm Freshman Wts 5:40 to 6:40pm Frosh Study Hall 6:00 to 7:00 Study Hall | 16 JV Gold @ NC HS 6 pm Freshman Red vs. Woodlands @ Bellaire 4:30 pm Freshman White @ Stafford 5 pm No Practice | 17 9 to 10:30 am Practice Varsity Only 11 to 12 Weights | 18 |

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| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 19 | 20 3:35-6:05 Practice 3:35-5 pm Freshman Practice 5:15-6 pm Freshman Wts 6 to 7pm Frosh Study Hall 6:30 to 7:30 Study Hall | 21 3:35-5:45 Practice 3:35-5 pm Freshman Practice 5:15-6 pm Freshman Wts 6 to 7pm Frosh Study Hall 6:10 to 7:10 Study Hall | 22 3:30 to 4:30- Var Meetings JV vs. Milby@ Bellaire HS 4:30 Freshman Red vs. Milby @ Milby HS 4:30pm Freshman White vs. Lee @ Lee HS 5 pm | 23 Varsity vs. Milby @ Butler 7:00 pm | 24 3:30 Var Film Breakdown/Grade Film | 25 |
| 26 | 27 3:35-6:05 Practice 3:35-5 pm Freshman Practice 5:15-6 pm Freshman Wts 6 to 7pm Frosh Study Hall 6:30 to 7:30 Study Hall | 28 3:35-5:45 Practice 3:35-5 pm Freshman Practice 5:15-6 pm Freshman Wts 6 to 7pm Frosh Study Hall 6:10 to 7:10 Study Hall | 29 3:30 to 4:30- Var Meetings JV Black v Woodlands @ Woodlands 6 pm JV Gold v Sam @ Sam Houston HS 4:30 pm Freshman White v Sam @ Bellaire HS 4:30 pm | 30 Varsity vs. Sam Houston @ Delmar 7:00 pm | Notes: | |

| ~ October 2010 ~ | | | | | | |
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| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | | | 1 3:30 Var Film Breakdown/Grade Film | 2 |

| ~ October 2010 ~ | | | | | | |
|------------------|--|--|---|---|--|--|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 3 | 4 3:35-6:05 Practice 3:35-5 pm Freshman Practice 5:15-6 pm Freshman Wts 6 to 7pm Frosh Study Hall 6:30 to 7:30 Study Hall | 5 3:35-5:45 Practice 3:35-5 pm Freshman Practice 5:15-6 pm Freshman Wts 6 to 7pm Frosh Study Hall 6:10 to 7:10 Study Hall | 6 3:35-5:35 Practice 3:35-4:35 pm Freshman Practice 4:50-5:35 pm Freshman Wts 5:40 to 6:40pm Frosh Study Hall 6:00 to 7:00 Study Hall | 7 3:30 to 4:30- Var Meetings JV Black vs. Westbury @ Westbury HS 4:30 Freshman Red vs. Westbury @ Bellaire HS 4:00 JV Gold vs. Woodlands @ Bellaire HS 5:30 | 8 3:30 to 5:00- Var Ghost Game/ Meetings | 9 Players arrive @ 8:30am Varsity Vs. Westbury 1 pm @Butler Homecoming |
| 10 | 11 3:35-6:05 Practice 3:35-5 pm Freshman Practice 5:15-6 pm Freshman Wts 6 to 7pm Frosh Study Hall 6:30 to 7:30 Study Hall | 12 3:35-5:45 Practice 3:35-5 pm Freshman Practice 5:15-6 pm Freshman Wts 6 to 7pm Frosh Study Hall 6:10 to 7:10 Study Hall | 13 3:35-5:35 Practice 3:35-4:35 pm Freshman Practice 4:50-5:35 pm Freshman Wts 5:40 to 6:40pm Frosh Study Hall 6:00 to 7:00 Study Hall | 14 3:30 to 4:30- Var Meetings JV vs. Chavez @ Bellaire HS 4/5:30 Freshman vs. Chavez @ Chavez HS 4/5:30 | 15 3:30 to 5:00- Var Ghost Game/ Meetings | 16 Players arrive @ 2 pm Varsity Vs. Chavez @ Butler 6 pm |
| 17 | 18 3:35-6:05 Practice 3:35-5 pm Freshman Practice 5:15-6 pm Freshman Wts 6 to 7pm Frosh Study Hall 6:30 to 7:30 Study Hall | 19 3:35-5:45 Practice 3:35-5 pm Freshman Practice 5:15-6 pm Freshman Wts 6 to 7pm Frosh Study Hall 6:10 to 7:10 Study Hall | 20 3:35-5:35 Practice 3:35-4:35 pm Freshman Practice 4:50-5:35 pm Freshman Wts 5:40 to 6:40pm Frosh Study Hall 6:00 to 7:00 Study Hall | 21 3:30 to 4:30- Var Meetings Freshman vs. Lamar @ Bellaire HS 4/5:30 JV vs. Lamar @ Lamar HS 4/5:30 | 22 3:30 to 5:00- Var Ghost Game/ Meetings | 23 Players arrive @ 8:30am Varsity Vs. Lamar @ Delmar 1 pm |

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| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| 24 | 25 3:35-6:05 Practice 3:35-5 pm Freshman Practice 5:15-6 pm Freshman Wts 6 to 7pm Frosh Study Hall 6:30 to 7:30 Study Hall | 26 3:35-5:45 Practice-27 Gld-Offense 3:35-5 pm Freshman Practice 5:15-6 pm Freshman Wts 6 to 7pm Frosh Study Hall 6:10 to 7:10 Study Hall | 27 3:35-5:35 Practice 3:35-4:35 pm Freshman Practice 4:50-5:35 pm Freshman Wts 5:40 to 6:40pm Frosh Study Hall 6:00 to 7:00 Study Hall | 28 3:30 to 4:30- Var Meetings Freshman vs. Lamar @ Bellaire HS 4/5:30 JV vs. Lamar @ Lamar HS 4/5:30 | 29 Varsity vs. Westside @ Butler 7:30 pm | 30 10 a.m. Varsity Wts./Running/Film |
| 31 | Notes: | | | | | |

| ~ November 2010 ~ | | | | | | |
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| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | 1 3:35-6:05 Practice 3:35-5 pm Freshman Practice 5:15-6 pm Freshman Wts 6 to 7pm Frosh Study Hall 6:30 to 7:30 Study Hall | 2 3:35-5:45 Practice 3:35-5 pm Freshman Practice 5:15-6 pm Freshman Wts 6 to 7pm Frosh Study Hall 6:10 to 7:10 Study Hall | 3 3:30 to 4:30- Var Meetings JV vs. Madison @ Madison HS 4:30 Freshman vs. Madison @ Bellaire HS 4/5:30 | 4 Varsity vs. Madison @ Butler 7:00 pm Senior Night | 5 3:30 Var Film Breakdown/Grade Film | 6 Scout Katy vs Cinco Ranch @ Rhoads |