

~ May 2011 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					13	14 Cougar Lineman Challenge
15 Pre-Summer Boot Camp	16 7 on 7 Practice 3:45-4:45 pm AS Weight Room 3:20- 6 pm	17 7 on 7 Practice 6-7:30 pm AS Weight Room 3:20- 6 pm	18 7 on 7 Practice 3:45-4:45 pm AS Weight Room 3:20- 6 pm	19 7 on 7 Practice 6-7:30pm AS Weight Room 3:20- 6 pm	20 AS Weight Room 3:20- 6 pm	21 7 on 7 @ Texans Lineman Challenge @ Westside H.S.
22 Early Summer Phase	23 Weights 7 on 7 Practice AS Weight Room 3:20- 6 pm	24 Speed 7 on 7 Practice AS Weight Room 3:20- 6 pm	25 Weights 7 on 7 Practice AS Weight Room 3:20- 6 pm	26 Speed 7 on 7 Practice AS Weight Room 3:20- 6 pm	27 Weights 7 on 7 Practice AS Weight Room 3:20- 6 pm	28
29 Check in with position coaches each day after finals	30 Memorial Day OFF	31 Finals 7 on 7 Practice	Notes:			

~ June 2011 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Finals 7 on 7 Practice	2 Finals 7 on 7 Practice	3 Last Day of School	4 7 on 7 @ Terry H.S.
5	6	7	8 7 on7 at Cinco Ranch	9	10	11 7 on 7 @ College Station Cinco Ranch Lineman Challenge
12	13 Summer School Begins Speed Camp Wk 1 Session 1 8-10:30 Session 2 4- 6:30	14 Speed Camp	15 Speed Camp 7 on7 at Cinco Ranch	16 Speed Camp	17	18 7 on 7 @ Dulles H.S.
19	20 Speed Camp Wk 2	21 Speed Camp Red Bull 7 on 7 @ Alief Taylor	22 Speed Camp 7 on7 at Cinco Ranch	23 Speed Camp	24	25 7 on 7 @ Cinco Ranch
26	27 Speed Camp Wk 3	28 Speed Camp	29 Speed Camp 7 on7 at Cinco Ranch	30 Speed Camp	Notes:	

~ July 2011 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 Speed Camp off for Week	4 OFF	5 OFF	6 7 on7 at Cinco Ranch	7 OFF	8 7 on 7 State Tournament Summer School Ends	9 7 on 7 State Tournament
10	11 Speed Camp Wk. 4	12 Speed Camp	13 Speed Camp	14 Speed Camp	15	16
17	18 Speed Camp Wk. 5	19 Speed Camp	20 Speed Camp	21 Speed Camp	22	23
24	25 Speed Camp Wk. 6	26 Speed Camp	27 Speed Camp	28 Speed Camp	29 Team Meeting 10 am- Returning Players Issue Cards/Equip Sheets	30
31	Notes:					

~ August 2011 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Weight Tests- Bench/PC/Squat 8 to 10 am Fish Camp 10 to 12	2 Speed Tests 40/Shuttle/300 8 to 10 am Fish Camp 10 to 12	3 Power Tests Bench Reps/Vert/Broad/ Cabor toss 8 to 10 am Fish Camp 10 to 12	4 Fish Camp 10 to 12	5 Equipment Issue 8:00 am Seniors 9:00 Juniors 10:00 Sophmores 1:00-2:00 Freshman Talk 2 pm Freshman and Transfer Physicals/ Equipment Issue Parent Meeting 5:30 pm	6
7 Summer No Shows schedule- Plyos/Agility- 7-8:30 Meeting 8:30-9:00 Run- 9-10:30 Lift-11-12 Meetings 4- 4:45 5-6 Run 7-7:30 Round Table	8 1 st Day of Practice 7am to 8:30 Practice 1 8:30-9:00 Meeting 9:00 to 10:30 Practice 2 11 to 12:00pm Weights 12:30 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 3:30 to 4:30 Freshman Weights 5:00-6:40 Freshman Practice 7-:7:30 Round Table	9 Cardinal Camp 7am to 8:30 Practice 1 8:30-9:00 Meeting 9:00 to 10:30 Practice 2 11 to 12:00pm Weights 12:30 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 3:30 to 4:30 Freshman Weights 5:00-6:40 Freshman Practice 7-:7:30 Round Table	10 Cardinal Camp 7am to 8:30 Practice 1 8:30-9:00 Meeting 9:00 to 10:30 Practice 2 11 to 12:00pm Weights 12:30 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 3:30 to 4:30 Freshman Weights 5:00-6:40 Freshman Practice 7-:7:30 Round Table	11 Cardinal Camp 7am to 8:30 Practice 1 8:30-9:00 Meeting 9:00 to 10:30 Practice 2 11 to 12:00pm Weights 12:30 pm to 2 pm Training Table 2 pm to 4 pm Movie/Rest/No Show Equipment 4 to 4:45 Meetings 4:45 Pre Practice 5 to 6:30 Practice 3 3:30 to 4:30 Freshman Weights 5:00-6:40 Freshman Practice 7-:7:30 Round Table	12 1 st Day of Pads 7 am to 9 am Practice 1 10 to 11 am Meetings 10 am to 12 pm Practice 2 9 to 10:40 am Freshman Practice	13 Media Day 9:00 am Pictures 11 am Scrimmage 1:00 pm Food/Games/Autographs/Interviews 2:00 pm to 3:00 pm Town Pep Rally

~ August 2011 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
14	15 8 am to 9:40 am Freshman Practice 10:00 to 11am Frosh Weights 3pm to 4 pm Weights 4 pm to 5 pm Meetings 5 pm to 7 pm Practice	16 8 am to 9:40 am Freshman Practice 10:00 to 11am Frosh Weights 3pm to 4 pm Weights 4 pm to 5 pm Meetings 5 pm to 7 pm Practice	17 1 pm to 3 pm Books 8 am to 9:40 am Freshman Practice 10:00 to 11am Frosh Weights 3pm to 4 pm Weights 4 pm to 5 pm Meetings 5 pm to 7 pm Practice	18 3pm to 4:00 pm Walk through all teams (GYM) 4:30pm Groups in Gym 5 pm to 8 pm Blitz 8 pm Meal	19 Arrive at 7:00 am Buses depart at 7:15 Scrimmage vs. Nimitz @ Butler Sub Varsity 8:00 am to 9:30 am Varsity 9:30 am to 10:30 am 10:30 am to 11:15 -1 quarter of play	20 Players @ 10 am Frosh/JV G- Lift 10-10:45 JV B/ Var- Run/Stretch 10-10:45 Switch 10:45-11:30 Varsity Film- 11:30- 1
21 Advocacy 1 st Mon-Wed	22 1 st Day of School 4 th AP Skill 3:35-5:45 Practice-18 2:50-4:30 pm Freshman Practice 4:45-5:30 pm Freshman Wts	23 4 th AP Big 3:35-6:20 Practice-24 2:50-4:30 pm Freshman Practice 4:45-5:30 pm Freshman Study Hall	24 4 th AP Skill 3:35-6:00 Practice-20 2:50-4:30 pm Freshman Practice 4:45-5:30 pm Freshman Wts.	25 Freshman @ Brazoswood JV @ Butler vs. Brazoswood	26 Varsity @ Brazoswood	27 Varsity Players @ 10 am
28	29 4 th AP Skill 3:35-5:45 Practice-18 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	30 4 th AP Big 3:35-6:20 Practice-24 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Study Hall	31 4 th AP Skill 3:35-6:00 Practice-20 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	Notes:		

~ September 2011 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Early Dismissal Freshman @ Butler vs. Hastings JV @ Hastings	2 Varsity @ Butler vs. Hastings	3 Varsity Players @ 10 am
4	5 Labor Day 8 am Meetings Practice 9 am-10:30 am Weights 11-12 Freshman Off	6 4 th AP Skill 3:35-6:20 Practice-24 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	7 4 th AP Big 3:35-6:00 Practice-20 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Study Hall	8 Freshman @ Oakridge JV @ Butler vs. Oakridge	9 Varsity @ Oakridge	10
11	12 4 th AP Var Weights 3:35-4:35 JV Practice/Var Film 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	13 4 th AP Skill 3:35-5:45 Practice-18 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Study Hall	14 4 th AP Big 3:35-5:45 Practice-18 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	15 Freshman @ Woodlands JV Gold @ Northland Christian HS Varsity-Specials Practice/wts-AP	16 3:40-4:50 Var Practice	17
18	19 4 th AP Skill 3:35-5:45 Practice-18 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	20 4 th AP Big 3:35-6:20 Practice-24 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Study Hall	21 4 th AP Skill 3:35-6:00 Practice-20 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	22 JV Gold @ Butler vs. Milby Freshman White @ Milby	23 Varsity @ Milby	24 Varsity Players @ 10 am
25	26 4 th AP Skill 3:35-5:45 Practice-18 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	27 4 th AP Big 3:35-6:20 Practice-24 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Study Hall	28 4 th AP Skill 3:35-6:00 Practice-20 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	29 Holiday JV @ Woodlands Freshman Red @ Sam Houston (JV) Freshman White @ Butler vs. Sam Houston	30 Varsity @ Dyer vs. Sam Houston	Notes:

~ October 2011 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Varsity Players @ 10 am
2	3 4 th AP Skill 3:35-5:45 Practice-18 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	4 4 th AP Big 3:35-6:00 Practice-20 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Study Hall	5 4 th AP Skill 3:35-6:00 Practice-20 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	6 JV Black @ Westbury JV Gold @ Lee Freshman Red @ Butler vs. Westbury	7 Early Dismissal A.S. Varsity Ghost Game	8 Varsity at Butler vs. Westbury 6 pm
9	10 4 th AP Skill 3:35-5:45 Practice-18 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	11 4 th AP Big 3:35-6:00 Practice-20 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Study Hall	12 4 th AP Skill 3:35-6:00 Practice-20 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	13 JV @ Butler vs. Chavez Freshman @ Chavez	14 A.S. Varsity Ghost Game	15 Varsity @ Chavez
16	17 4 th AP Skill 3:35-5:45 Practice-18 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	18 4 th AP Big 3:35-6:00 Practice-20 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Study Hall	19 4 th AP Skill 3:35-6:00 Practice-20 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	20 JV @ Lamar Freshman @ Butler vs. Lamar	21 Early Dismissal Varsity @ Butler vs. Lamar	22 Varsity Players @ 10 am
23	24 4 th AP Skill 3:35-5:45 Practice-18 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	25 Testing 4 th AP Big 3:35-6:00 Practice-20 3:40-4:30 pm Freshman Practice 4:45-5:30 pm Freshman Study Hall	26 Testing 3:35-6:00 Practice-20 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	27 JV Black @ Butler vs. Westside Freshman @ Westside	28 A.S. Varsity Ghost Game	29 Varsity @ Westside

~ October 2011 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31 4 th AP Skill 3:35-5:45 Practice-18 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	Notes:				

~ November 2011 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 4 th AP Big 3:35-6:00 Practice-20 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Study Hall	2 4 th AP Skill 3:35-6:00 Practice-20 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	3 JV Black @ Madison Freshman @ Butler vs. Madison	4 Varsity @ Butler vs. Madison	5 Varsity Players @ 10 am
6	7 4 th AP Lift 3:35-4:15 Meeting 4:15-5:15 Walk Through 5:30- 7:00 Finalize Game plan	8 4 th AP Skill 3:35-5:45 Meet/Practice-18	9 4 th AP Big 3:35-6:00 Meet/Practice-20	10 4 th AP Skill TBA Meet/Practice-20 @ Game Site	11 Early Dismissal Varsity Ghost Game	12 Play-offs Round 1
13	14 4 th AP Lift 3:35-4:15 Meeting 4:15-5:15 Walk Through 5:30- 7:00 Finalize Game plan	15 4 th AP Skill 3:35-5:45 Meet/Practice-18	16 4 th AP Big 3:35-6:00 Meet/Practice-20	17 4 th AP Skill TBA Meet/Practice-20 @ Game Site	18 Varsity Ghost Game	19 Play-offs Round 2
20	21 4 th AP Lift 3:35-4:15 Meeting 4:15-5:15 Walk Through 5:30- 7:00 Finalize Game plan	22 4 th AP Specials 3:35-5:45 Meet/Practice-18	23 Thanksgiving Break TBA Meet/Practice-20 @ Game Site Lift After Practice	24 Thanksgiving Break 8:00 -10:10 am Meet/Practice-20	25 Thanksgiving Break Varsity Ghost Game 10 a.m.	26 Play-offs Round 3

~ November 2011 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28 4 th AP Lift 3:35-4:15 Meeting 4:15-5:15 Walk Through 5:30- 7:00 Finalize Game plan	29 4 th AP Skill 3:35-5:45 Meet/Practice-18	30 4 th AP Big 3:35-6:00 Meet/Practice-20	Notes:		

~ December 2011 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 4 th AP Skill TBA Meet/Practice-20 @ Game Site	2 Varsity Ghost Game	3 Play-offs Round 4
4	5 4 th AP Lift 3:35-4:15 Meeting 4:15-5:15 Walk Through 5:30- 7:00 Finalize Game plan	6 4 th AP Skill 3:35-5:45 Meet/Practice-18	7 4 th AP Big 3:35-6:00 Meet/Practice-20	8 4 th AP Skill TBA Meet/Practice-20 @ Game Site	9 Varsity Ghost Game	10 Play-offs Round 5
11	12 Practice Schedule based on Finals	13	14	15 A.S. Leave for Dallas	16	17 State Championship