



March 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p><u>Weights</u> <u>M—F @ 6am</u> <u>FHHS</u></p>	2	3	4	5	<p>6</p> <p>Chicago Clinic 3am Departure 9am Arrival</p>	<p>7</p> <p>Chicago Clinic</p>
<p>8</p> <p><u>Weights (Normal)</u> Chicago Clinic 11am Departure 5pm Return</p>	9	<p>10</p> <p><i>PTC</i> <i>3pm—7pm</i> <i>FHHS</i></p>	<p>11</p>	<p>12</p> <p><i>12tH MAN Meeting</i> <i>6pm @ FHHS Café</i></p> <p><i>PTC—Same as Tues.</i></p>	<p>13</p> <p><u>Spring Break</u> <u>No Weights</u></p>	<p>14</p>
<p>15</p>	<p>16</p> <p><u>Spring Break</u> <u>No Weights</u></p>	<p>17</p> <p><u>Spring Break</u> <u>No Weights</u></p>	<p>18</p> <p><u>Spring Break</u> <u>No Weights</u></p>	<p>19</p> <p><u>Spring Break</u> <u>No Weights</u></p>	<p>20</p> <p><u>Spring Break</u> <u>No Weights</u></p>	<p>21</p>
<p>22</p> <p><u>Weights</u> <u>M—F @ 6am</u> <u>FHHS</u></p>	23	24	25	26	27	28
<p>29</p> <p><u>Weights</u> <u>M—F @ 6am</u> <u>FHHS</u></p>	30	31				



April 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>Weights</u> <u>M—F @ 6am</u> <u>FHHS</u>			1	2	3	4
5 <u>Weights</u> <u>M—F @ 6am</u> <u>FHHS</u>	6 MAX OUTS 6am—7am FHHS WR	7 MAX OUTS 6am—7am FHHS WR	8 MAX OUTS 6am—7am FHHS WR	9 MAX OUTS 6am—7am FHHS WR	10	11
12 <u>Weights</u> <u>M—F @ 6am</u> <u>FHHS</u>	13	14 Emily Bryan Middle School Visit Koch + Seniors	15 FHMS Middle School Visit Koch + Seniors	16 Contract Night 6:30pm—8pm FHHS Cafeteria	17	18
19 <u>Weights</u> <u>M—F @ 6am</u> <u>FHHS</u>	20	21	22	23	24	25
26 <u>Weights</u> <u>M—F @ 6am</u> <u>FHHS</u>	27	28	29	30		



May 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>Weights</u> <u>M—F @ 6am</u> <u>FHHS</u>					1	2
3 <u>Run For Sight</u> <u>6am @ FHHS</u>	4	5	6	7	8	9 Golf Tournament 12:00—6pm New Melle Lakes
10 <u>Weights</u> <u>M—F @ 6am</u> <u>FHHS</u>	11	12	13	14 12tH MAN Meeting 6pm @ FHHS Cafe	15	16
17 <u>Weights</u> <u>M—F @ 6am</u> <u>FHHS</u>	18 Equipment Handout Ultimate Vikings	19 Equipment Handout Seniors	20 Equipment Handout ALL	21 Equipment Handout ALL	22	23
24 OFF WEEK STUDY FOR FINALS	25 OFF Finals	26 OFF Finals	27 OFF Finals	28 OFF Finals	29 OFF Finals	30
31 <u>Weights</u> <u>M / W / F</u> <u>7—9am</u> <u>FHHS</u>						



June 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>Weights</u> <u>M / W / F</u> <u>7—9am</u> <u>FHHS</u>	<i>1</i> Viking Camp 5pm—9pm Hollenbeck	<i>2</i> Viking Camp 5pm—9pm Hollenbeck	<i>3</i> Viking Camp 5pm—9pm Hollenbeck	<i>4</i> Viking Camp 5pm—9pm Hollenbeck	<i>5</i> Viking Camp 5pm—9pm Hollenbeck	<i>6</i> Moms Clinic 8am—10am Hollenbeck
<i>7</i> <u>Weights</u> <u>M / W / F</u> <u>7—9am</u> <u>FHHS</u>	<i>8</i> Viking Camp 5pm—9pm Hollenbeck	<i>9</i> Viking Camp 5pm—9pm Hollenbeck	<i>10</i> Gold Cards Due 5pm—6pm FHHS New Gym	<i>11</i> Mizzou Camp 6am departure	<i>12</i> Mizzou Camp	<i>13</i> Mizzou Camp 11 am departure
<i>14</i> <u>Weights</u> <u>M / W / F</u> <u>7am—10:30am</u> <u>FHHS / Hollenbeck</u>	<i>15</i>	<i>16</i>	<i>17</i> 7 on 7 5pm—8pm FHN	<i>18</i> <i>12th MAN Meeting</i> <i>6pm @ FHHS Cafe</i>	<i>19</i>	<i>20</i>
<i>21</i> <u>Weights</u> <u>M / W / F</u> <u>7am—10:30am</u> <u>FHHS / Hollenbeck</u>	<i>22</i>	<i>23</i>	<i>24</i> 7 on 7 5pm—8pm FHN	<i>25</i>	<i>26</i>	<i>27</i>
<i>28</i> <u>Weights</u> <u>M / W / F</u> <u>7am—10:30am</u> <u>FHHS / Hollenbeck</u>	<i>29</i>	<i>30</i>				



July 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>Weights</u> <u>M / W / F</u> <u>7am—10:30am</u> <u>FHHS / Hollenbeck</u>			<i>1</i> 7 on 7 5pm—8pm FHN	<i>2</i>	<i>3</i>	<i>4</i>
<i>5</i> <u>Weights</u> <u>M / W / F</u> <u>7am—10:30am</u> <u>FHHS / Hollenbeck</u>	<i>6</i>	<i>7</i>	<i>8</i> 7 on 7 5pm—8pm FHN	<i>9</i> <i>12th MAN Meeting</i> <i>6pm @ FHHS Cafe</i>	<i>10</i> <i>FB Practice</i> <i>Time / Location TBD</i>	<i>11</i>
<i>12</i> <u>Weights (Normal)</u> Jr Viking Clinic 8am—noon New Melle CC	<i>13</i> Jr Viking Camp 6pm—8pm Hollenbeck	<i>14</i> Jr Viking Camp 6pm—8pm Hollenbeck	<i>15</i> Jr Viking Camp 6pm—8pm Hollenbeck	<i>16</i> Jr Viking Camp 6pm—8pm Hollenbeck	<i>17</i> <i>FB Practice</i> <i>Time / Location TBD</i>	<i>18</i> 7 on 7 Tournamnet 8am—noon FHN
<i>19</i> <u>Weights</u> <u>M / W / F</u> <u>7am—10:30am</u> <u>FHHS / Hollenbeck</u>	<i>20</i>	<i>21</i>	<i>22</i>	<i>23</i>	<i>24</i> <i>FB Practice</i> <i>Time / Location TBD</i>	<i>25</i>
<i>26</i> <u>Weights</u> <u>M / T / W / TH</u> <u>7am—10:30am</u> <u>FHHS / Hollenbeck</u>	<i>27</i> MAX OUTS 6am—7am FHHS WR 7 on 7 Tourney	<i>28</i> MAX OUTS 6am—7am FHHS WR 7 on 7 Tourney	<i>29</i> MAX OUTS 6am—7am FHHS WR 7 on 7 Tourney	<i>30</i> MAX OUTS 6am—7am FHHS WR 7 on 7 Championship	<i>31</i> <i>FB Practice</i> <i>Time / Location TBD</i>	



August 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <i>Senior BBO @ Coach Koch's House</i>
2 <i>Mandatory Dead Period</i>	3 <i>Mandatory Dead Period</i>	4 <i>Mandatory Dead Period</i>	5 <i>Mandatory Dead Period</i>	6 <i>Mandatory Dead Period</i>	7 <i>Mandatory Dead Period</i>	8 <i>Mandatory Dead Period</i>
9 <i>ALL Practices held at Hollenbeck</i>	10 First Day of Practice	11	12 First Day of School	13 12tH MAN Meeting 6pm @ FHHS Cafe	14	15 ALL: 2 practices #1: 7am—10am #2: 11am—1pm
16 <i>ALL Practices held at Hollenbeck</i>	17	18	19	20	21 <u>V / JV: Jamboree 6pm @ CBC</u>	22 <i>Blue and Gold Day FR / JV / V Pictures @ 7am Scrimmage @ 8am</i>
23 <i>ALL Practices held at Hollenbeck</i>	24	25	26	27	28 <u>Howell vs Marquette 7pm @ Marquette</u>	29
30 <i>ALL Practices held at Hollenbeck</i>	31 <i>JV vs Marquette 4pm @ FHHS</i>					



September 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>ALL Practices held at Hollenbeck</i></p>		1	2	<p>3 <i>FR vs PKN</i> <i>4pm @ PKN</i></p>	<p>4 <u>Howell vs Lindbergh</u> <u>7pm @ Lindbergh</u></p>	5
<p>6 <i>ALL Practices held at Hollenbeck</i></p>	7	<p>8 <i>FR vs Lindbergh</i> <i>4pm @ Lindbergh</i> <i>JV vs Lindbergh</i> <i>4pm @ FHHS</i></p>	9	<p>10 <i>12tH MAN Meeting</i> <i>6pm @ FHHS Cafe</i></p>	<p>11 <u>Howell vs Holt</u> <u>7pm @ Holt</u></p>	12
<p>13 <i>ALL Practices held at Hollenbeck</i></p>	<p>14 <i>FR vs Holt</i> <i>4pm @ FHHS</i> <i>JV vs Holt</i> <i>6pm @ FHHS</i></p>	15	16	<p>17 <u>FR: OFF</u> <u>Howell vs PKW</u> <u>6pm @ FHHS</u></p>	<p>18 Practice Details TBD</p>	19
<p>20 <i>ALL Practices held at Hollenbeck</i></p>	<p>21 <i>JV vs PKW</i> <i>4pm @ PKW</i></p>	22	23	24	<p>25 <u>Howell vs FZS</u> <u>7pm @ FZS</u></p>	26
<p>27 <i>ALL Practices held at Hollenbeck</i></p>	<p>28 <i>FR vs FZS</i> <i>4pm @ FHHS</i> <i>JV vs FZS</i> <i>6pm @ FHHS</i></p>	29	<p>30 <i>FR (B) vs Timberland</i> <i>4pm @ FHHS</i></p>			



October 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>ALL Practices held at Hollenbeck</i></p>				1	<p>2 <i>HOMECOMING</i> <u>Howell vs FZW</u> <u>7pm @ FHHS</u></p>	3
<p>4 <i>ALL Practices held at Hollenbeck</i></p>	<p>5 FR vs FZW 4pm @ FZW JV vs FZS 6pm @ FZW</p>	6	7	<p>8 <i>12th MAN Meeting</i> <i>6pm @ FHHS Cafe</i></p>	<p>9 <u>Howell vs Troy</u> <u>7pm @ FHHS</u></p>	10
<p>11 <i>ALL Practices held at Hollenbeck</i></p>	<p>12 FR vs Troy 4pm @ Troy JV vs Troy 6pm @ Troy</p>	13	14	<p>15 FR (B) vs FHN 4pm @ FHN</p>	<p>16 <u>DISTRICTS</u> <u>Howell vs FHN</u> <u>7pm @ FHN</u></p>	17
<p>18 <i>ALL Practices held at Hollenbeck</i></p>	<p>19 FR vs FHN 4pm @ FHHS JV vs FHN 6pm @ FHHS</p>	20	21	22	<p>23 <u>DISTRICTS</u> <u>Howell vs FHC</u> <u>7pm @ FHHS</u></p>	24
<p>25 <i>ALL Practices held at Hollenbeck</i></p>	<p>26 FR vs FHC 4pm @ FHC JV vs FHC 6pm @ FHC</p>	27	28	29	<p>30 <u>DISTRICTS</u> <u>Howell vs Desmet</u> <u>7pm @ Desmet</u></p>	31



November 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>ALL Practices held at Hollenbeck</i>	2	3	4	5	6 <u>ROUND 1</u> <u>Howell vs ???</u> <u>7pm @ ???</u>	7
8 <i>ALL Practices held at Hollenbeck</i>	9	10	11	12 <i>12tH MAN Meeting 6pm @ FHHS Cafe</i>	13 <u>QUARTERFINALS</u> <u>Howell vs ???</u> <u>7pm @ ???</u>	14
15 <i>ALL Practices held at Hollenbeck</i>	16	17	18	19	20 <u>SEMIFINALS</u> <u>Howell vs ???</u> <u>7pm @ ???</u>	21
22 <i>ALL Practices held at Hollenbeck</i>	23	24	25	26	27	28 <u>STATE CHAMPIONSHIP GAME</u> <u>HOWELL VS ???</u>
29	30					



December 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6 <i>FHHS FB Banquet 5pm—9pm K of C (Cottleville)</i>	7	8	9	10	11	12
13	14	15	16	17	18	19 <i>Holiday Charity Event Time / Place: TBD</i>
20	21	22	23	24	25	26
27	28	29	30	31		