



# February 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weights @ Normal Times Monday—Friday	1	2	3	4	5	6
7 Weights @ Normal Times Monday—Friday	8	9	10	11 12tH MAN Meeting 6pm @ Cafe	12	13
14 Weights @ Normal Times Monday—Friday	15	16	17	18	19	20
21 Weights @ Normal Times Monday—Friday	22 MAX OUTS 2:40—4:30PM 6:00—8:00PM	23 MAX OUTS 2:40—4:30PM 6:00—8:00PM	24 MAX OUTS 2:40—4:30PM 6:00—8:00PM	25 MAX OUTS 2:40—4:30PM 6:00—8:00PM CINCY CLINIC	26 MAX OUTS 2:40—4:30PM 6:00—8:00PM CINCY CLINIC	27 CINCY CLINIC
28						



# March 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weights @ Normal Times Monday—Friday	1	2	3	4	5	6
7 Weights @ Normal Times Monday—Thursday	8	9 PTC 3—7pm	10	11 12tH MAN Meeting 6pm @ Cafe PTC 3—7pm	12 Spring Break Weights TBD	13
14	15 Spring Break Weights TBD	16 Spring Break Weights TBD	17 Spring Break Weights TBD	18 Spring Break Weights TBD	19 Spring Break Weights TBD	20
21 Weights @ Normal Times Monday—Friday	22	23	24	25	26	27
28 Weights @ Normal Times Monday—Friday	29	30	31			



# April 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weights @ Normal Times Monday—Friday				1	2	3
4 Weights @ Normal Times Monday—Friday	5	6	7	8 12tH MAN Meeting 6pm @ Cafe	9	10
11 Weights @ Normal Times M / T / W / F No 6-8pm on Thurs.	12	13 FHMS & EBMS Visits Koch and Skidmore	14 FHMS & EBMS Visits Koch and Skidmore	15 Contract Night 5—9pm @ Howell	16	17
18 Weights @ Normal Times Monday—Friday	19	20	21	22	23	24
25 Weights @ Normal Times Monday—Friday	26	27	28	29	30	



# May 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 RUN FOR SIGHT	3	4	5	6	7	8
9 Weights @ Normal Times Monday—Friday	10 Equipment Handout ALL	11 Equipment Handout ALL	12 Equipment Handout ALL	13 12tH MAN Meeting 6pm @ Café Equipment Handout ALL	14 Equipment Handout ALL	15
16 Weights @ Normal Times Monday—Friday	17 MAX OUTS 2:40—4:30PM 6:00—8:00PM	18 MAX OUTS 2:40—4:30PM 6:00—8:00PM	19 MAX OUTS 2:40—4:30PM 6:00—8:00PM	20 MAX OUTS 2:40—4:30PM 6:00—8:00PM	21 MAX OUTS 2:40—4:30PM 6:00—8:00PM	22
23 OFF WEEK Study for Finals	24 OFF FInals	25 OFF FInals	26 OFF FInals	27 OFF FInals	28 OFF FInals	29
30 Weights @ Normal Times Monday—Friday	31					



# June 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weights TBD		<u>1</u> <u>Viking Camp</u> <u>5—9 pm @ Howell</u>	<u>2</u> <u>Viking Camp</u> <u>5—9 pm @ Howell</u>	<u>3</u> <u>Viking Camp</u> <u>5—9 pm @ Howell</u>	<u>4</u> <u>Viking Camp</u> <u>5—9 pm @ Howell</u>	<u>5</u> <u>Viking Camp</u> <u>9am - noon @ Howell</u>  MOM's CAMP 12—1pm @ FHHS
6 Weights TBD	<u>7</u> <u>Viking Camp</u> <u>5—9 pm @ Howell</u>	<u>8</u> <u>Viking Camp</u> <u>5—9 pm @ Howell</u>	<u>9</u> <u>Viking Camp</u> <u>5—9 pm @ Howell</u>	<u>10</u> <u>Mizzou Camp</u> <u>Leave FHHS @ 6am</u>	<u>11</u> <u>Mizzou Camp</u>	<u>12</u> <u>Mizzou Camp</u>
13 Weights 8—9:30 am Speed 9:30—11am Monday—Friday	14	15	<u>16</u> <u>7 on 7 @ FHN</u> <u>5pm—8pm</u>	17	18	19
20 Weights 8—9:30 am Speed 9:30—11am Monday—Friday	21	22	<u>23</u> <u>7 on 7 @ FHN</u> <u>5pm—8pm</u>	24	25	26
27 Weights 8—9:30 am Speed 9:30—11am Monday—Friday	28	29	<u>30</u> <u>7 on 7 @ FHN</u> <u>5pm—8pm</u>			



# July 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weights 8—9:30 am Speed 9:30—11am Monday—Friday				1	2	3 FHSD DEAD PERIOD
4 FHSD DEAD PERIOD	5 FHSD DEAD PERIOD	6 FHSD DEAD PERIOD	7 FHSD DEAD PERIOD	8 FHSD DEAD PERIOD 12th MAN Meeting 6pm @ Cafe	9 FHSD DEAD PERIOD	10 FHSD DEAD PERIOD
11 Weights 8—9:30 am Speed 9:30—11am Monday—Friday	12 <u>7 on 7 @ FHN</u> <u>5pm—8pm</u>	13 <u>7 on 7 @ FHN</u> <u>5pm—8pm</u>	<u>14</u> <u>7 on 7 @ FHN</u> <u>5pm—8pm</u>	15	16	<u>17</u>
18 Jr Viking Coaches Clinic 10am—12pm @ NMCC  Weights 8—9:30 am Speed 9:30—11am Monday—Friday	19 Jr Viking Camp @ FHHS 6pm—8pm MAXOUTS	20 Jr Viking Camp @ FHHS 6pm—8pm MAXOUTS	21 Jr Viking Camp @ FHHS 6pm—8pm MAXOUTS  <u>7 on 7 @ FHN</u> <u>5pm—8pm</u>	22 Jr Viking Camp @ FHHS 6pm—8pm MAXOUTS	23 MAXOUTS	24 <u>7 on 7 Tournament</u> <u>@ FHN</u> <u>7am—1pm</u>  Howell Football Golf Tourney—2pm @ Incline Village
25 Weights 8—9:30 am Speed 9:30—11am Monday—Friday	<u>26</u> <u>Pre Season</u> <u>Padded Practice</u> <u>5—9 pm @ Howell</u>	<u>27</u> <u>Pre Season</u> <u>Padded Practice</u> <u>5—9 pm @ Howell</u>	<u>28</u> <u>Pre Season</u> <u>Padded Practice</u> <u>5—9 pm @ Howell</u>	<u>29</u> <u>Pre Season</u> <u>Padded Practice</u> <u>5—9 pm @ Howell</u>	<u>30</u> <u>POSSIBLE</u> <u>Pre Season</u> <u>Padded Practice</u> <u>5—9 pm @ Howell</u>	<u>31</u> MSHSAA DEAD PERIOD



# August 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 MSHSAA DEAD PERIOD	2 MSHSAA DEAD PERIOD	3 MSHSAA DEAD PERIOD	4 MSHSAA DEAD PERIOD	5 MSHSAA DEAD PERIOD	6 MSHSAA DEAD PERIOD	7 MSHSAA DEAD PERIOD
8 MSHSAA DEAD PERIOD	9 First Official Day of 2010 Football Season Practice 6—9pm	10 Practice 6—9pm	11 First Day of School Practice 6—9pm	12 12th MAN Meeting 6pm @ Cafe Practice 6—9pm	13 Practice 6—9pm	14 2-a-DAY #1— 12pm—3:30pm #2— 5pm—9pm
15	16 Practice 2:30—6pm	17 Practice 2:30—6pm	18 Practice 2:30—6pm	19 Practice 2:30—6pm	20 Practice 2:30—6pm @FHHS Varsity Pre Game 2:30—4:30pm	21 Jamboree @ Howell 10am Blue and Gold Day 8am—2pm
22 GAME WEEK SCHEDULE STARTS Monday—Saturday OFF SUNDAY Lift Sat / Mon / Wed	23	24	25	26	27 Howell vs Holt	28
29	30 FR @ Holt @ 4pm JV @ Holt @ 6pm	31				



# September 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Howell @ Helias	4
5	6	7	8 12th MAN Meeting 6pm @ Cafe	9 FR (B) vs Holt @ 6:15pm	10 Howell vs Timberland	11
12	13 FR @ Timber @ 4pm JV @ Timber @ 6pm	14	15	16	17 Howell @ FZW	18
19	20 FR vs FZW @ 5pm JV vs FZW @ 7pm	21	22	23	24 Howell vs CBC HOMECOMING	25 FR @ CBC @ 10am JV @ CBC @ 12pm
26	27	28	29	30		



# October 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Howell @ Troy	2
3	4 FR vs Troy @ 5pm JV vs Troy @ 7pm	5	6	7	8 Howell vs Rockbridge	9
10	11 FR @ STC @ 6pm JV @ Rock @ 6pm	12	13	14 12tH MAN Meeting 6pm @ Cafe	15 Howell @ FHC	16 FR vs FHC @ 10am JV vs FHC @ 12pm
17	18	19	20	21	22 Howell vs FHN	23
24	25 FR @ FHN @ 4pm JV @ FHN @ 6pm	26	27	28	29 Howell @ Pattonville	30
31						



# November 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 Round 1 Howell vs ???	6
7	8	9	10	11 12tH MAN Meeting 6pm @ Cafe	12 Quarterfinals Howell vs ???	13
14	15	16	17	18	19 Semifinals Howell vs ???	20
21	22	23	24	25	26 State Championship Howell vs ???	27
28	29	30				



# December 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12 FHHS Banquet 6:00 PM	13	14	15	16	17	18 Holiday Charity Event
19	20	21	22	23	24	25
26	27	28	29	30	31	