



February 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1 Weights 3-4:30 Lift A Thon After School	2	3
4 Super Bowl	5 Weights 3-4:30	6 Speed Training 3-4	7 Weights 3-4:30	8 Weights 3-4:30 Lift A Thon \$ Due	9	10
11 Full Team Work Out @ School 6-8pm	12 Weights 3-4:30	13 Speed training 3-4	14 Weights 3-4:30	15 Weights 3-4:30	16 Weather Make Up	17
18	19 No School Booster Club Meeting	20 Weights 3-4:30	21 Weights 3-4:30	22 Weights 3-4:30	23	24
25 Full Team Work Out @ School 6-8pm	26 Weights 3-4:30 Max Week	27 Speed Training Max Week	28 Weights 3-4:30 Max Week			