



March 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1 Weights 3-4:30pm Max Week	2	3
4	5 Weights 3-4:30pm First Day of Spring Sports	6 Speed Training 3-4	7 Weights 3-4:30pm	8 Weights 3-4:30pm	9	10
11 Full Team Work Out 6-8pm @ West Gym	12 Weights 3-4:30	13 Speed Training 3-4	14 Weights 3-4:30pm	15 Weights 3-4:30pm	16 Flag FB Sign Ups Due	17
18 Team Bowling Day All Levels of FB & Families Leisure Lanes To be confirmed	19 Weights 3-4:30pm Booster Club Meeting	20 Speed Training 3-4	21 Weights 3-4:30pm	22 Weights 3-4:30pm	23 Early Dismissal	24
25 Full team Work Out 6-8 & West Gym	26 Weights 3-4:30pm	27 Speed Training 3-4	28 Weights 3-4:30pm Kick Off Meeting All Parents 6-8pm HS Cafeteria To be confirmed	29 Weights 3-4:30pm Weather Make Up	30 No school	31