AGOURA CHARGER FROSH FOOTBALL CALENDAR SEPTEMBER 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9/1	9/2	9/3	9/4
			PRACTICE 12	PRACTICE 13	PRACTICE 14	PRACTICE 15
					SCRIMMAGE VS. CAMARILLO	To be Determined
			2:55-3:25 TRAINING ROOM	2:55-3:25 TRAINING ROOM	3:00-4:30 FROSH	Do not make plans
			3:25-6:00 PRACTICE	3:25-5:35 PRACTICE	5:00-6:30 JV	
					7:30-9:00 VARSITY	
				REVIEW GAME DAY EXPECTATIONS / PREGAME WARM UP ROUTINE		
			SCHOOL STARTS			
			ODD	EVEN	ODD	
9/5	9/6	9/7	9/8	9/9	9/10	9/11
	PRACTICE 16	PRACTICE 17	PRACTICE 18		AT VENTURA	To be Determined
	LABOR DAY		1:15- 2:30 MEETING			Do not make plans
	7:00-7:30 TRAINING ROOM		2:55-3:25 TRAINING ROOM	2:55-3:25 TRAINING ROOM	1:30-3:00 Frosh Game Film Review	
	9:00-9:45 MEETING	2:55-3:25 TRAINING ROOM	3:25- 5:00 PRACTICE	3:25-6:00 Frosh Game at Ventura	Possible Practice	
	10:00-12:00 PRACTICE	3:25-6:00 PRACTICE				
			6:00apprx Team Dinner			
						ACT TEST
			ROSH HASHANAH	ROSH HASHANAH		
	NO SCHOOL	EVEN	ODD	EVEN	ODD	
9/12	9/13	9/14	9/15	9/16	9/17	9/18
				SIMI VALLEY		
	9:00-9:45 MEETING	2:55-3:25 TRAINING ROOM	2:55-3:25 TRAINING ROOM	3:00- 4:30 Frosh Film Review	To be determined	OFF Free day
	10:00-12:00 PRACTICE	3:25-5:30 PRACTICE	3:25-6:25 Frosh Game vs. SIMI	Possible Practice	Do Not make Plans	
		6:00 apprx Possible team dinner				
					YOM KIPPUR	
	NO SCHOOL	EVEN	ODD	EVEN	NO SCHOOL	YOM KIPPUR
9/19	9/20	9/21	9/22	9/23	9/24	9/25
	2:55-3:25 TRAINING ROOM	2:55-3:25 TRAINING ROOM			AT MOORPARK	To be Determined
	3:25-5:30 PRACTICE	3:25-5:30 PRACTICE	2:55-3:25 TRAINING ROOM	2:55-3:25 TRAINING ROOM	1:30 Frosh Film Review	Do not make plans
			3:25-5:00 PRACTICE	3:25-6:00 Frosh Game at Moorpark	Possible Practice	
			6:00 apprx Team Dinner			
	ODD	EVEN	ODD	EVEN	ODD	
9/26	9/27	9/28	9/29	9/30		
	2:55-3:25 TRAINING ROOM	2:55-3:25 TRAINING ROOM	2:55-3:25 TRAINING ROOM	3:15-6:00 Frosh Game at Newbury		
	3:25-5:30 PRACTICE	3:25-5:30 PRACTICE	3:25-5:00 PRACTICE			
			6:00apprx Team Dinner			
	EVEN	ODD	EVEN			

AGOURA CHARGER FROSH FOOTBALL CALENDAR AUGUST 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8/1	8/2	8/3	8/4	8/5	8/6	8/7
	9:00-10:30 WT. ROOM OPEN		9:00-10:30 WT. ROOM OPEN		9:00-10:30 WT. ROOM OPEN	
8/8	8/9	8/10	8/11	8/12	8/13	8/14
	9:00-10:30 WT. ROOM OPEN		9:00-10:30 WT. ROOM OPEN		**CLEARANCE DAY**	
					9:00-9:30 VARSITY CLEAR	
					9:30-10:00 JV CLEAR	
					10:00-10:30 FROSH CLEAR	
					9:30-11:00 WT ROOM OPEN	
8/15	8/16	8/17 (SHORTS and Helmets)	8/18 (SHORTS and Helmets)	8/19 (SHORTS and Helmets)	8/20 (Full PADS)	8/21 (PADS)
	EQUIPMENT ISSUE DAY	**CONDITIONING DAY 1**	**CONDITIONING DAY 2**	**CONDITIONING DAY 3**	**PRACTICES 1 AND 2**	**PRACTICE 3**
	8:00-8:45 VARSITY	8:30-9:00 TRAINING ROOM	8:30-9:00 TRAINING ROOM	8:30-9:00 TRAINING ROOM	8:30-9:00 TRAINING ROOM	8:00-11:00am Practice and Condition
	8:45-9:30 JV	9:15-9:45 Warm up Condition	9:15-9:45 Warm up Condition	9:15-9:45 Warm up Condition	9:15-9:45 Warm up Condition	Lower Field
	9:30-10:15 FRESHMEN	10:00-10:45 MEETING in M-3 or 4	10:00-10:45 MEETING in M-3 or 4	10:00-10:45 MEETING in M-3 or 4	10:00-10:45 MEETING in M-3 or 4	
	5:30-6:00 VAR. TEAM DINNER	11:00-1pm Practice Varsity Field	11:00-1pm Practice Varsity Field	11:00-1pm Practice Varsity Field	11:00-1pm Practice Varsity Field	
	6:00-7:00 VAR. MEETING	PM Practice	PM Practice	PM Practice	PM Practice	12:00-2:00 TEAM PICTURES
		2:00-2:30 TRAINING ROOM	2:00-2:30 TRAINING ROOM	2:00-2:30 TRAINING ROOM	2:00-2:30 TRAINING ROOM	5:00-7:00 KICKOFF PICNIC
		4:00-6:00pm Practice Lower Field	4:00-6:00pm Practice Lower Field	4:00-6:00pm Practice Lower Field	4:00-6:00pm Practice Lower Field	
						* PARENTS MISSED MEETING
8/22	8/23 (PADS)	8/24 (SHELLS/PADS)	8/25 (SHELLS)	8/26 (SHELLS/PADS)	8/27 (SHELLS/PADS)	8/28 (PADS)
	PRACTICE 4	**PRACTICE 5**	**PRACTICE 6**	**PRACTICE 7**	**PRACTICE 8**	**PRACTICE 9**
	8:00-8:30 TRAINING ROOM	8:00-8:30 TRAINING ROOM	8:00-8:30 TRAINING ROOM	8:00-8:30 TRAINING ROOM	8:00-8:30 TRAINING ROOM	**INTRASQUAD SCRIM.**
	9:00-9:45 MEETING	9:00-9:45 MEETING	9:00-9:45 MEETING	9:00-9:45 MEETING	9:00-9:45 MEETING	7:30-8:00 TRAINING RM
	10:00-1:00 Practice	10:00-1:00 Practice	10:00-1:00 Practice	10:00-1:00 Practice	10:00-1:00 Practice	8:00-9:30 JV VS FROSH
	Lower Field	Lower Field	Lower Field	Lower Field	Lower Field	9:30-11:00 - VARSITY
	6:00-7:30 Coaches	6:00-7:30 Coaches				
	MARMONTE MTG	AGOURA MTG				
8/29	8/30 (PADS)	8/31 (PADS)				
	PRACTICE 10	**PRACTICE 11**				
	2:00-2:30 TRAINING ROOM	2:00-2:30 TRAINING ROOM				
	2:45-5:00 Pracitce Lower Field	2:45-5:00 Pracitce Lower Field				
	5:15-6:15 Meeting Film Review	5:15-6:15 Meeting Film Review				

AGOURA CHARGER FOOTBALL CALENDAR AUGUST 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8/1	8/2	8/3	8/4	8/5	8/6	8/7
	9:00-10:30 WT. ROOM OPEN		9:00-10:30 WT. ROOM OPEN		9:00-10:30 WT. ROOM OPEN	
8/8	8/9	8/10	8/11	8/12	8/13	8/14
	9:00-10:30 WT. ROOM OPEN		9:00-10:30 WT. ROOM OPEN		CLEARANCE DAY	
					9:00-9:30 VARSITY CLEAR	
					9:30-10:00 JV CLEAR	
					10:00-10:30 FROSH CLEAR	
					9:30-11:00 WT ROOM OPEN	
8/15	8/16	8/17 (SHORTS) KICK	8/18 (SHORTS) KICK	8/19 (SHORTS) KICK	8/20 (SHELLS/PADS) KICK	8/21 (PADS)
	EQUIPMENT ISSUE DAY	CONDITIONING DAY 1	CONDITIONING DAY 2	CONDITIONING DAY 3	PRACTICES 1 AND 2	PRACTICE 3
	8:00-8:45 VARSITY	8:00-8:30 TRAINING ROOM	8:00-8:30 TRAINING ROOM	8:00-8:30 TRAINING ROOM	8:00-8:30 TRAINING ROOM	7:00-7:30 GOAL POSTS*
	8:45-9:30 JV	8:30-9:00 GOAL POSTS	8:30-9:00 GOAL POSTS	8:30-9:00 GOAL POSTS	8:30-9:00 GOAL POSTS	7:00-7:30 TRAINING ROOM
	9:30-10:15 FRESHMEN	9:15-9:45 MEETING	9:15-9:45 MEETING	9:15-9:45 MEETING	9:15-9:45 MEETING	7:30-8:30 MEETING
	5:30-6:00 VAR. TEAM DINNER	10:00-11:05 KICKING GAME	10:00-11:05 KICKING GAME	10:00-11:05 KICKING GAME	10:00-11:05 KICKING GAME	8:45-11:30 PRACTICE (SPLIT)
	6:00-7:00 VAR. MEETING	1:00-1:45 GROUP A LIFT	1:00-1:45 GROUP B LIFT	1:00-1:45 GROUP A LIFT	1:00-1:45 GROUP B LIFT	12:00-2:00 TEAM PICTURES
		2:00-2:30 TRAINING ROOM	2:00-2:30 TRAINING ROOM	2:00-2:30 TRAINING ROOM	2:00-2:30 TRAINING ROOM	5:00-7:00 KICKOFF PICNIC
		2:30-4:00 MEETING	2:30-4:00 MEETING	2:30-4:00 MEETING	2:30-4:00 MEETING	
		4:15-7:25 PRACTICE (SPLIT)	4:15-7:25 PRACTICE (SPLIT)	4:15-7:25 PRACTICE (SPLIT)	4:15-7:25 PRACTICE (SPLIT)	* PARENTS MISSED MEETING
8/22	8/23 (SHELLS/PADS)	8/24 (SHELLS/PADS)	8/25 (SHELLS)	8/26 (SHELLS/PADS)	8/27 (SHELLS/PADS)	8/28 (PADS)
	PRACTICE 4 AND 5	PRACTICE 6 AND 7	PRACTICE 8 AND 9	PRACTICE 10 AND 11	PRACTICE 12 AND 13	PRACTICE 14
	8:00-8:30 TRAINING ROOM	8:00-8:30 TRAINING ROOM	8:00-8:30 TRAINING ROOM	8:00-8:30 TRAINING ROOM	8:00-8:30 TRAINING ROOM	INTRASQUAD SCRIM.
	8:30-9:00 MEETING	8:30-9:00 MEETING	8:30-9:00 MEETING	8:30-9:00 MEETING	8:30-9:00 MEETING	7:30-8:00 TRAINING RM
	9:15-10:40 KICK / CONDITION	9:15-10:40 KICK / CONDITION	9:15-10:40 KICK / CONDITION	9:15-10:40 KICK / CONDITION	9:15-10:40 KICK / CONDITION	8:00-9:30 JV VS FROSH
	12:30-1:15 GROUP A LIFT	12:30-1:15 GROUP B LIFT	1:00-1:45 LEADERSHIP MTG	1:00-1:45 GROUP A LIFT	1:00-1:45 GROUP B LIFT	9:30-11:00 - VARSITY
	1:30-2:00 TRAINING ROOM	1:30-2:00 TRAINING ROOM	2:00-2:30 TRAINING ROOM	2:00-2:30 TRAINING ROOM	2:00-2:30 TRAINING ROOM	
	2:00-2:45 MEETING	2:00-2:45 MEETING	2:30-4:00 MEETING	2:30-4:00 MEETING	2:30-4:00 MEETING	
	3:00-6:00 PRACTICE (SPLIT)	3:00-6:00 PRACTICE (SPLIT)	4:15-7:25 PRACTICE (SPLIT)	4:15-7:25 PRACTICE (SPLIT)	4:15-7:25 PRACTICE (SPLIT)	
	6:00-7:30 MARMONTE MTG	6:00-7:30 AGOURA MTG				
8/29	8/30 (PADS)	8/31 (PADS)				
	PRACTICE 15	PRACTICE 16				
	1:00-1:45 GROUP A LIFT	1:00-1:45 GROUP B LIFT				
	2:00-2:30 TRAINING ROOM	2:00-2:30 TRAINING ROOM				
	2:30-3:15 MEETING	2:30-3:15 MEETING				
	3:30-6:30 PRACTICE-VD/JVO	3:30-6:30 PRACTICE-VO/JVD				

AGOURA CHARGER FOOTBALL CALENDAR SEPTEMBER 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9/1	9/2	9/3	9/4
			PRACTICE 17	PRACTICE 18	PRACTICE 19	PRACTICE 20
			12:30-1:15 O-LINE MEETING	1:15-2:55 MEETING	SCRIMMAGE VS. CAMARILLO	8:00-9:00 VARSITY LIFT
			2:55-3:25 TRAINING ROOM	2:55-3:25 TRAINING ROOM	3:00-4:30 FROSH	9:15-11:30 VAR/JV GAME FILM
			3:25-6:25 PRACTICE (SPLIT)	3:25-5:35 PRACTICE (SPLIT)	5:00-6:30 JV	11:30-12:00 TRAINING ROOM
					7:30-9:00 VARSITY	
			SCHOOL STARTS	REVIEW GAME DAY EXPECTATIONS / PREGAME WARM UP ROUTINE		
			ODD	EVEN	ODD	
9/5	9/6	9/7	9/8	9/9	9/10	9/11
	PRACTICE 21	PRACTICE 22	PRACTICE 23	PRACTICE 24	AT VENTURA	8:00-9:00 VARSITY LIFT
	LABOR DAY	12:30-1:15 LEADERSHIP MTNG	12:30-1:15 O-LINE MEETING	1:15-2:55 MEETING		9:15-11:30 VAR/JV GAME FILM
	7:00-7:30 TRAINING ROOM	1:15-2:55 LIFT/MEETING	2:55-3:25 TRAINING ROOM	2:55-3:25 TRAINING ROOM		11:30-12:00 TRAINING ROOM
	7:30-8:30 MEETING	2:55-3:25 TRAINING ROOM	3:25-6:25 PRACTICE	3:25-5:00 PRACTICE		
	8:45-11:45 PRACTICE	3:25-6:25 PRACTICE				
				"BOLT DAY"		
						ACT TEST
			ROSH HASHANAH	ROSH HASHANAH		
	NO SCHOOL	EVEN	ODD	EVEN	ODD	
9/12	9/13	9/14	9/15	9/16	9/17	9/18
	7:00-7:30 TRAINING ROOM	12:30-1:15 LEADERSHIP MTNG	12:30-1:15 O-LINE MEETING	SIMI VALLEY	8:00-9:00 VARSITY LIFT	
	7:30-8:30 MEETING	1:15-2:55 LIFT/MEETING	2:55-3:25 TRAINING ROOM	1:15 MEETING	9:15-11:30 VAR/JV GAME FILM	
	8:45-11:45 PRACTICE	2:55-3:25 TRAINING ROOM	3:25-6:25 PRACTICE		11:30-12:00 TRAINING ROOM	
		3:25-6:25 PRACTICE				
					YOM KIPPUR	
	NO SCHOOL	EVEN	ODD	EVEN	NO SCHOOL	YOM KIPPUR
9/19	9/20	9/21	9/22	9/23	9/24	9/25
	2:55-3:25 TRAINING ROOM	12:30-1:15 LEADERSHIP MTNG	12:30-1:15 O-LINE MEETING	1:15-2:55 MEETING	AT MOORPARK	8:00-9:00 VARSITY LIFT
	3:25-6:25 PRACTICE	1:15-2:55 LIFT/MEETING	2:55-3:25 TRAINING ROOM	2:55-3:25 TRAINING ROOM	1:15 MEETING	9:15-11:30 VAR/JV GAME FILM
		2:55-3:25 TRAINING ROOM	3:25-6:25 PRACTICE	3:25-5:00 PRACTICE		11:30-12:00 TRAINING ROOM
		3:25-6:25 PRACTICE				
	ODD	EVEN	ODD	EVEN	ODD	
9/26	9/27	9/28	9/29	9/30		
	1:15-2:55 LIFT/MEETING	12:30-1:15 LEADERSHIP MTNG	12:30-1:15 O-LINE MEETING			
	2:55-3:25 TRAINING ROOM	2:55-3:25 TRAINING ROOM	1:15-2:55 LIFT/MEETING			
	3:25-6:25 PRACTICE	3:25-6:25 PRACTICE	2:55-3:25 TRAINING ROOM			
			3:25-6:25 PRACTICE			
	EVEN	ODD	EVEN			