

# January 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's day	<b>2</b> <b>No School</b>	<b>3</b> Weights & Agilities 2:50-4:15 3x12	<b>4</b> Weights & Agilities 2:50-4:15 Intensity Training	<b>5</b>	<b>6</b> Weights & Agilities 2:50-4:15 3x12	7
8	<b>9</b> Weights & Agilities 2:50-4:15 3x12	<b>10</b>	<b>11</b> Weights & Agilities 2:50-4:15 Intensity Training	<b>12</b> Weights & Agilities 2:50-4:15 3x12	<b>13</b>	14
15	<b>16</b> No School M L King Day	<b>17</b> Weights & Agilities 2:50-4:15 4x8	<b>18</b> Weights & Agilities 2:50-4:15 Intensity Training	<b>19</b>	<b>20</b> Weights & Agilities 2:50-4:15 4x8	21
22	<b>23</b> Weights & Agilities 2:50-4:15 4x8	<b>24</b>	<b>25</b> Weights & Agilities 2:50-4:15 Intensity Training	<b>26</b> Weights & Agilities 2:50-4:15 4x8	<b>27</b>	28
29	<b>30</b> Weights & Agilities 2:50-4:15 5x5	<b>31</b>				

# February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Weights & Agilities 2:50-4:15 Intensity Training	<b>2</b> Weights & Agilities 2:50-4:15 5x5	<b>3</b>	4
5	<b>6</b> Weights & Agilities 2:50-4:15 5x5	<b>7</b>	<b>8</b> Weights & Agilities 2:50-4:15 Intensity Training	<b>9 Early Release</b>	<b>10</b> Weights & Agilities 2:50-4:15 5x5	11
12	<b>13</b> Weights & Agilities 2:50-4:15 5x3	<b>14</b> Valentine's Day	<b>15</b> Weights & Agilities 2:50-4:15 Intensity Training	<b>16</b> Weights & Agilities 2:50-4:15 5x3	<b>17</b>	18
19	<b>20</b> No School President's Day (No school no workouts) Weights & Agilities 2:50-4:15 3x12 (If make-up snow day)	<b>21</b> Weights & Agilities 2:50-4:15 3x12 (If No School for Presidents Day)	<b>22</b> Weights & Agilities 2:50-4:15 Intensity Training	<b>23</b> Weights & Agilities 2:50-4:15 3x12 (If make-up snow day)	<b>24</b> Weights & Agilities 2:50-4:15 3x12 (If No School for Presidents Day)	25
26	<b>27</b> Weights & Agilities 2:50-4:15 3x12	<b>28</b>				

# March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Weights & Agilities 2:50-4:15 Intensity Training	<b>2</b> Weights & Agilities 2:50-4:15 3x12	<b>3</b>	4
5	<b>6</b> Weights & Agilities 2:50-4:15 4x8	<b>7</b>	<b>8</b> Weights & Agilities 2:50-4:15 Intensity Training	<b>9 Early Release</b>	<b>10</b> Weights & Agilities 2:50-4:15 4x8	11
12	<b>13</b> Weights & Agilities 2:50-4:15 4x8	<b>14</b>	<b>15</b> Weights & Agilities 2:50-4:15 Intensity Training	<b>16</b> Weights & Agilities 2:50-4:15 4x8	<b>17 No School</b>	18
19	<b>20</b> Spring Ball Weights 5:00-5:45 5x5 Practice 5:45-7:30	<b>21</b> Spring Ball Practice 5:30-7:30	<b>22</b> Spring Ball Practice 5:30-7:30	<b>23</b> Spring Ball Weights 5:00-5:45 5x5 Practice 5:45-7:30	<b>24</b> Spring Ball Practice 5:30-7:30	25
26	<b>27</b> Spring Ball Weights 5:00-5:45 5x5 Practice 5:45-7:30	<b>28</b> Spring Ball Practice 5:30-7:30	<b>29</b> Spring Ball Practice 5:30-7:30	<b>30</b> Spring Ball Weights 5:00-5:45 5x5 Practice 5:45-7:30	<b>31</b> Spring Ball Practice 5:30-7:30	

# April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	<b>3</b> Reds Opening Day No Workouts	<b>4</b> Spring Ball (Make up day 1) Weights 5:00-5:45 5x3 Practice 5:45-7:30	<b>5</b> Spring Ball (Make up day 2) 5:30-7:30	<b>6</b> Spring Ball (Make up day 1) Weights 5:00-5:45 5x3 Practice 5:45-7:30	<b>7</b>	8
9	<b>10</b> No School	<b>11</b> No School	<b>12</b> No School	<b>13</b> No School	<b>14</b> No School Good Friday	15
16 Easter Sunday	<b>17</b> Weights & Agilities 2:50-4:15 3x12	<b>18</b>	<b>19</b> Weights & Agilities 2:50-4:15 Intensity Training	<b>20</b> Weights & Agilities 2:50-4:15 3x12	<b>21</b>	22
23	<b>24</b> Weights & Agilities 2:50-4:15 3x12	<b>25</b>	<b>26</b> Weights & Agilities 2:50-4:15 Intensity Training	<b>27</b> Weights & Agilities 2:50-4:15 3x12	<b>28</b>	29
30						

# May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Weights & Agilities 2:50-4:15 4x8	<b>2</b>	<b>3</b> Weights & Agilities 2:50-4:15 Intensity Training	<b>4</b> Weights & Agilities 2:50-4:15 4x8	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b> Weights & Agilities 2:50-4:15 5x5	<b>9</b>	<b>10</b> Weights & Agilities 2:50-4:15 Intensity Training	<b>11</b> Weights & Agilities 2:50-4:15 5x5	<b>12</b>	<b>13</b>
<b>14</b> Mother's Day	<b>15</b> Weights & Agilities 2:50-4:15 5x3	<b>16</b>	<b>17</b> Weights & Agilities 2:50-4:15 Intensity Training	<b>18</b> Weights & Agilities 2:50-4:15 5x3	<b>19</b> Graduation Day	<b>20</b>
<b>21</b>	<b>22 <u>Complex</u></b> Weights, Agilities, Install 5:00-7:15	<b>23</b>	<b>24 <u>Complex</u></b> Weights, Agilities, Install 5:00-7:15	<b>25 <u>Complex</u></b> Weights, Agilities, Install 5:00-7:15	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b> <b>No Workouts</b> Memorial Day	<b>30</b>	<b>31 <u>Complex</u></b> Weights, Agilities, Install 5:00-7:15			

# June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> <u>Complex</u> Weights, Agilities, Install 5:00-7:15	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b> <u>Complex</u> Weights, Agilities, Install 5:00-7:15	<b>6</b>	<b>7</b> <u>Complex</u> Weights, Agilities, Install 5:00-7:15	<b>8</b> <u>Complex</u> Weights, Agilities, Install 5:00-7:15	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b> <u>Complex</u> Weights, Agilities, Install 5:00-7:15	<b>13</b>	<b>14</b> <u>Complex</u> Weights, Agilities, Install 5:00-7:15	<b>15</b> <u>Complex</u> Weights, Agilities, Install 5:00-7:15	<b>16</b>	<b>17</b>
<b>18</b> Father's Day	<b>19</b> <u>Complex</u> Weights, Agilities, Install 5:00-7:15	<b>20</b>	<b>21</b> <u>Complex</u> Weights, Agilities, Install 5:00-7:15	<b>22</b> <u>Complex</u> Weights, Agilities, Install 5:00-7:15	<b>23</b>	<b>24</b>
<b>25</b> KHSAA Restricted Period	<b>26</b> KHSAA Restricted Period	<b>27</b> KHSAA Restricted Period	<b>28</b> KHSAA Restricted Period	<b>29</b> KHSAA Restricted Period	<b>30</b> KHSAA Restricted Period	

# July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 KHSAA Restricted Period
2 KHSAA Restricted Period	3 KHSAA Restricted Period	4 KHSAA Restricted Period <i>Independence Day</i>	5 KHSAA Restricted Period	6 KHSAA Restricted Period	7 KHSAA Restricted Period	8 KHSAA Restricted Period
9 KHSAA Restricted Period	10 Weights & Practice 4:30-7:45	11 Practice 5:30-7:45	12 Weights & Practice 4:30-7:45	13 Practice 5:30-7:45	14 Weights & Practice 4:30-7:45	15
16	17 Weights & Practice 4:30-7:45	18 Practice 5:30-7:45	19 Weights & Practice 4:30-7:45	20 Practice 5:30-7:45	21 Weights & Practice 4:30-7:45	22
23	24 1 <sup>st</sup> Official day of helmets Weights & Practice 4:30-7:45	25 Practice 5:30-7:45	26 Weights & Practice 4:30-7:45	27 <u>Helmets &amp; Shoulder Pads</u> Practice 5:30-7:45	28 Weights & Practice 4:30-7:45	29
30	31 Weights & Practice 4:30-7:45					

# August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> Full Equipment Practice 5:30-7:45	<b>2</b> Weights & Practice 4:30-7:45	<b>3</b> Practice 5:30-7:45	<b>4</b> Weights & Practice 4:30-7:45	<b>5</b> Intrasquad Scrimmage 9:00 am *Team picnic to follow
6	<b>7</b> Weights & Practice 4:30-7:45	<b>8</b> Practice 5:30-7:45	<b>9</b> Weights & Practice 4:30-7:45	<b>10</b> Practice 5:30-7:45	<b>11</b> Grid Scrimmage: Lloyd, Grant Co, & Iroquois @ Grant Co 7 pm	<b>12</b> Film & Weights 9:00-11:00 am
13	<b>14</b> Weights & Practice 4:30-7:45	<b>15</b> Practice 5:30-7:45	<b>16</b> Weights & Practice 4:30-7:45	<b>17</b> Practice 5:30-7:45	<b>18</b> East Jessamine @East Jessamine Bowl 6:00 pm	<b>19</b> Film & Weights 9:00-11:00 am
20	<b>21</b> Weights & Practice 4:30-7:45	<b>22</b> Practice 5:30-7:45	<b>23</b> Weights & Practice 4:30-7:45	<b>24</b> Practice 5:30-7:45	<b>25</b> @KCD 7:30 pm	<b>26</b> Film & Weights 9:00-11:00 am
27	<b>28</b> JV @ KCD 6:00 pm Weights & Film 2:45-4:45 School	<b>29</b> Practice 5:30-7:45	<b>30</b> Weights & Practice 4:30-7:45	<b>31</b> Practice 5:30-7:45		



# September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> Vs Holmes 7:30 pm	<b>2</b> JV @ Holmes 10:00 am
<b>3</b>	<b>4</b> No School Labor Day Weights & Film 10am-12pm	<b>5</b> Practice 5:30-7:45	<b>6</b> Weights & Practice 4:30-7:45	<b>7</b> Practice 5:30-7:45	<b>8</b> Vs Holy Cross 7:30 pm	<b>9</b> Old Fashion Days
<b>10</b>	<b>11</b> Weights & Practice 4:30-7:45	<b>12</b> Practice 5:30-7:45	<b>13</b> Weights & Practice 4:30-7:45	<b>14</b> Practice 5:30-7:45	<b>15</b> @LCA 7:30 pm	<b>16</b> JV vs Scott 10:00 am
<b>17</b>	<b>18</b> Weights & Practice 4:30-7:45	<b>19</b> Practice 5:30-7:45	<b>20</b> Weights & Practice 4:30-7:45	<b>21</b> Practice 5:30-7:45	<b>22</b> Vs Owen Co 7:30 pm	<b>23</b> Film & Weights 9:00-11:00 am
<b>24</b>	<b>25</b> JV @ Owen Co 6:00 pm Weights & Film 2:45-4:45 School	<b>26</b> Practice 5:30-7:45	<b>27</b> Weights & Practice 4:30-7:45	<b>28</b> Practice 5:30-7:45	<b>29</b> Bye	<b>30</b>

# October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<b>2</b> JV @ Grant Co 6:00 pm Weights & Film 2:45-4:45 School	<b>3</b> Practice 5:30-7:45	<b>4</b> Weights & Practice 4:30-7:45	<b>5</b> Practice 5:30-7:45	<b>6</b> @ Trimble Co 7:30 pm	<b>7</b> Film & Weights 9:00-11:00 am
8	<b>9</b> Fall Break JV vs Trimble Co 6:00 pm Weights & Film 2:45-4:45 School	<b>10</b> Fall Break Practice 5:30-7:30	<b>11</b> Fall Break Weights & Practice 4:30-7:30	<b>12</b> Fall Break Practice 5:30-7:30	<b>13</b> Fall Break Vs Carroll Co 7:30 pm	<b>14</b> Film & Weights 9:00-11:00 am
15	<b>16</b> JV @ Carroll Co 6:00 pm Weights & Film 2:45-4:45 School	<b>17</b> Practice 5:30-7:30	<b>18</b> Weights & Practice 4:30-7:30	<b>19</b> Practice 5:30-7:30	<b>20</b> @ Gallatin Co 7:30 pm	<b>21</b> Film & Weights 9:00-11:00 am
22	<b>23</b> JV vs Gallatin Co 6:00 pm Weights & Film 2:45-4:45 School	<b>24</b> Practice 5:30-7:30	<b>25</b> Weights & Practice 4:30-7:30	<b>26</b> Practice 5:30-7:30	<b>27</b> @ Bellevue 7:00 pm	<b>28</b> Film & Weights 9:00-11:00 am
29	<b>30</b> Weights & Practice 4:30-7:30	<b>31</b> Practice 5:30-7:30 Halloween				

# November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Weights & Practice 4:30-7:30	<b>2</b> Practice 5:30-7:30	<b>3</b> KHSAA Playoff First Round	<b>4</b> Film & Weights 9:00-11:00 am
<b>5</b>	<b>6</b> Weights & Practice 4:30-7:30	<b>7</b> Practice 5:30-7:30	<b>8</b> Weights & Practice 4:30-7:30	<b>9</b> Practice 5:30-7:30	<b>10</b> KHSAA Playoff Second Round	<b>11</b> Film & Weights 9:00-11:00 am Veterans Day
<b>12</b>	<b>13</b> Weights & Practice 4:30-7:30	<b>14</b> Practice 5:30-7:30	<b>15</b> Weights & Practice 4:30-7:30	<b>16</b> Practice 5:30-7:30	<b>17</b> KHSAA Playoff Regional Final	<b>18</b> Film & Weights 9:00-11:00 am
<b>19</b>	<b>20</b> Weights & Practice 4:30-7:30	<b>21</b> Practice 5:30-7:30	<b>22</b> <u>No School</u> Practice TBA	<b>23</b> <u>No School</u> Practice TBA Thanksgiving Day	<b>24</b> <u>No School</u> KHSAA Playoff Semi-Final	<b>25</b> Film & Weights 9:00-11:00 am
<b>26</b>	<b>27</b> Weights & Practice 4:30-7:30	<b>28</b> Practice 5:30-7:30	<b>29</b> Weights & Practice 4:30-7:30	<b>30</b> Practice 5:30-7:30		

# December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> KHSAA Playoff State Championship	<b>2</b> KHSAA Playoff State Championship
<b>3</b> KHSAA Playoff State Championship	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b> Christmas	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>31</b>						