

June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 SAT Joe Moore OL Camp
2 Joe Moore OL Camp	3 7am Physicals Workout 27 3:00-6:00 SPRING BALL Offense	4 Workout 28 3:00-6:00 SPRING BALL Defense	5 Workout 29 3:00-6:00 SPRING BALL Offense	6 Workout 30 3:00-6:00 SPRING BALL Defense	7	8 ACT
9	10 EVALUATIONS SPRING BALL 3:00-6:00 Offense	11 EVALUATIONS SPRING BALL 3:00-6:00 Defense	12 EVALUATIONS SPRING BALL 3:00-6:00 Offense	13 EVALUATIONS SPRING BALL 3:00-6:00 Defense	14 COMMENCEMENT	15
16 FATHER'S	17	18	19	20 Field Work 5:00-6:30pm	21 Field Work 5:00-6:30pm	22 PITT 7on7 AD OL/DL
23	24 Workout 1 4pm	25 Workout 2 4pm	26 Workout 3 4pm	27 Workout 4 4pm	28	29

Coach Jon LeDonne
(724)-561-2942 (cell)
jonledonne@gmail.com
@Coach_LeDonne

July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1 Workout 5 4pm	2 Workout 6 4pm	3 OFF	4 INDEPENDENCE OFF	5	6
7	8 Workout 7 4pm	9 Workout 8 4pm	10 Workout 9 4pm	11 Workout 10 4pm	12 Penn Hills 7 on 7 & Big Man Challenge	13 Golf Outing 8am
14	15 Workout 11 4pm	16 Workout 12 4pm	17 Workout 13 4pm	18 Workout 14 4pm	19	20
21	22 8am Physicals Workout 15 4pm	23 Workout 16 4pm	24 Workout 17 4pm	25 Workout 18 4pm	26	27
28	29	30	31			

August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 3:30 Evaluations 4:30 Heat Acc. 8:00 Fall Athletic Meeting	6 3:30 Evaluations 4:30 Heat Acc. 7:00 Rules Meeting	7 3:30 Evaluations 4:30 Heat Acc. 6:00 Parent Meeting	8 3:30 Evaluations 4:30 Heat Acc.	9 3:30 Evaluations 4:30 Heat Acc.	10
11 3pm Fralic Move-In	12 First Day of Camp Three-a-day 7:15am Report	13 Second Day of Camp Three-a-day	14 Third Day of Camp Three-a-day	15 Fourth Day of Camp Three-a-day 9:30pm Depart for Home	16 Fifth Day of Camp Report 12:30pm 2-4pm Picture Day	17 Scrimmage #1 930am PH @ NA
18 12pm Coaches Meeting	19 Second Week of Camp Two-a-day 2:30pm Start	20 Second Week of Camp Two-a-day 2:30pm Start	21 Second Week of Camp One Practice 3:30pm Arrival 7pm Band	22 Second Week of Camp 4pm 7/8 th Scrimmage One Practice 5:30pm Arrival	23 7pm @ Pine Richland Bus: 3:45pm	24
25 Film (2:30-5pm) 1:00 Coaches 2:30 Lift 3:15 Film	26 Start of School 3pm Film 4-6 Field 6pm Lift	27 3pm Film 4-630pm Practice	28 3pm Film 4-630pm Practice 630pm Lift 7pm Band	29 4pm 7/8 th Game 530pm Film 630-8pm Practice	30 7pm @ Latrobe Bus: 3:45pm	31 Latrobe Game: 10:00am Morocco, Tarrant, Francis, Mason

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@Coach_LeDonne

September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Film (2:30-5pm) 1:00 Coaches 2:30 Lift 3:15 Film	2 LABOR 8am Film 9-11am Field 11am Lift	3 3pm Film 4-630pm Practice	4 3pm Film 4-630pm Practice 630pm Lift 7pm Band	5 4pm 7/8 th Game 530pm Film 630-8pm Practice	6 7pm FC	7 @ FC Bus: 8:45am Game: 10:00am Graham, Epperson, Johnson, Bednar
8 Film (2:30-5pm) 1:00 Coaches 2:30 Lift 3:15 Film	9 3pm Film 4-530pm Field 530pm Lift	10 3pm Film 4-630pm Practice	11 3:30pm 7/8 th @ Norwin (2pm bus) 3pm Film 4-630pm Practice 630pm Lift 7pm Band	12 530pm Film 630-8pm Practice	13 7pm Mars	14 @ Mars Bus: 8:30am Game: 10:00am Popinski, White, D. Mason, Buches, Schaefer
15 Film (2:30-5pm) 1:00 Coaches 2:30 Lift 3:15 Film	16 3pm Film 4-530pm Field 530pm Lift	17 3pm Film 4-630pm Practice	18 4pm 7/8 th @ Gateway (3pm bus) 3pm Film 4-630pm Practice 630pm Lift 7pm Band	19 530pm Film 630-8pm Practice	20 7pm @ Kiski Bus: 4:00pm	21 Kiski Game: 10:00am Graham, Popinski, Schaefer, Johnson
22 Film (2:30-5pm) 1:00 Coaches 2:30 Lift 3:15 Film	23 3pm Film 4-530pm Field 530pm Lift	24 3pm Film 4-630pm Practice	25 3pm Film 4-630pm Practice 630pm Lift 7pm Band	26 4pm 7/8 th Game 530pm Film 630-8pm Practice	27 7pm @ Armstrong Bus: 3:45pm	28 Armstrong Game: 10:00am White, Epperson, D. Mason, Buches, Bednar

October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 Film (2:30-5pm) 1:00 Coaches 2:30 Lift 3:15 Film	30 3pm Film 4-530pm Field 530pm Lift	1 3pm Film 4-630pm Practice	2 3pm Film 4-630pm Practice 630pm Lift 7pm Band	3 4pm 7/8 th Game 530pm Film 630-8pm Practice	4 7pm Hampton	5 @ Hampton Bus: 8:45am Game: 10:00am Morocco, Tarrant, Francis, G. Mason
6 Film (2:30-5pm) 1:00 Coaches 2:30 Lift 3:15 Film	7 3pm Film 4-530pm Field 530pm Lift	8 3pm Film 4-630pm Practice	9 4pm 7/8 th @ Hempfield (2pm bus) 3pm Film 4-630pm Practice 630pm Lift 7pm Band	10 530pm Film 630-8pm Practice	11 7pm @ Shaler Bus: 4:15pm	12 Shaler Game: 10:00am Popinski, Morocco, Schaefer, Bednar
13 Film (2:30-5pm) 1:00 Coaches 2:30 Lift 3:15 Film	14 No School	15 3pm Film 4-630pm Practice	16 3:30pm 7/8 th @ Plum (2:30pm bus) 3pm Film 4-630pm Practice 630pm Lift 7pm Band	17 530pm Film 630-8pm Practice	18 7pm Baldwin	19 @ Baldwin Bus: 8:30am Game: 10:00am Graham, Tarrant, Johnson, G. Mason
20 Film (2:30-5pm) 1:00 Coaches 2:30 Lift 3:15 Film	21 3pm Film 4-530pm Field 530pm Lift	22 3pm Film 4-630pm Practice	23 3pm Film 4-630pm Practice 630pm Lift 7pm Band	24 4pm 7/8 th Game 530pm Film 630-8pm Practice	25 7pm NH	26 @ NH Bus: 8:45am Game: 10:00am White, Epperson, Buches, Francis
27	28 3pm Film 4-530pm Field 530pm Lift 7pm Pairings	29 3pm Film 4-630pm Practice	30 3pm Film 4-630pm Practice 630pm Lift 7pm Band	31 530pm Film 630-8pm Practice		

November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Round 1	2
3 Film (2:30-5pm) 1:00 Coaches 2:30 Lift 3:15 Film	4 3pm Film 4-530pm Field 530pm Lift	5 No School 3pm Film 4-630pm Practice	6 3pm Film 4-630pm Practice 630pm Lift 7pm Band	7 530pm Film 630-8pm Practice	8 Round 2	9
10 VETERAN'S Film (2:30-5pm) 1:00 Coaches 2:30 Lift 3:15 Film	11 No School 3pm Film 4-530pm Field 530pm Lift	12 3pm Film 4-630pm Practice	13 3pm Film 4-630pm Practice 630pm Lift 7pm Band	14 530pm Film 630-8pm Practice	15 Round 3	16
17 Film (2:30-5pm) 1:00 Coaches 2:30 Lift 3:15 Film	18 3pm Film 4-530pm Field 530pm Lift	19 3pm Film 4-630pm Practice	20 3pm Film 4-630pm Practice 630pm Lift 7pm Band	21 530pm Film 630-8pm Practice	22 23 WPIAL Championship	
24 Film (2:30-5pm) 1:00 Coaches 2:30 Lift 3:15 Film	25 3pm Film 4-530pm Field 530pm Lift	26 3pm Film 4-630pm Practice	27 No School 3pm Film 4-630pm Practice 630pm Lift 7pm Band	28 THANKSGIVING 930am Film 1030-1pm Practice	29 No School PIAA Semifinals	30

December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Film (2:30-5pm) 1-2:30 Coaches 2:30 Lift 3:15 Film	2 No School 3pm Film 4-530pm Field 530pm Lift	3 3pm Film 4-630pm Practice	4 3pm Film 4-630pm Practice 630pm Lift 7pm Band	5	6 PIAA Finals	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25 CHRISTMAS	26	27	28
29	30	31				