

# 9<sup>th</sup> Grade Football 2009 Season Calendar

## **Position Clinics**

**Nextier Stadium**

**8:00 – 10:00 AM**

June 15, 17, 22, 24, 29

July 1

## **Conditioning Workouts**

**Nextier Stadium**

**8:00 – 10:00 AM**

July 6, 8, 9, 13, 15, 16, (20, 22, 23, 27, 29, 30 – 4:00 to 6:00)

August 3, 5, 6

## **Raider Skills Camp**

**Nextier Stadium**

**9 AM – 3 PM**

July 20 – 23

## **Raider Skills Camp**

**Dick's Sporting Goods Sportsplex at Graham Park**

**9 AM – 3 PM**

July 27 - 30

# May 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26 Mini-Camp 5 – 7:30 Nextier	27 Mini-Camp 5 – 7:30 Nextier	28 Mini-Camp 5 – 7:30 Nextier	29	30 Strongman 10:00 Nextier
31						

# June 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Mini-Camp 5 – 7:30 Nextier	3 Mini-Camp 5 – 7:30 Nextier	4 Mini-Camp 5 – 7:30 Nextier	5	6
7	8	9	10	11	12	13
14	15 Lifting & Position Clinics 8 – 10 AM	16	17 Lifting & Position Clinics 8 – 10 AM	18	19	20
21	22 Lifting & Position Clinics 8 – 10 AM	23	24 Lifting & Position Clinics 8 – 10 AM	25	26	27
28	29 Lifting & Position Clinics 8 – 10 AM	30				

# July 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Lifting & Position Clinics 8 – 10 AM	2	3	4
5	6 Lifting & Conditioning 8 – 10 AM	7	8 Lifting & Conditioning 8 – 10 AM	9 Lifting & Conditioning 8 – 10 AM	10	11
12	13 Lifting & Conditioning 8 – 10 AM	14	15 Lifting & Conditioning 8 – 10 AM	16 Lifting & Conditioning 8 – 10 AM	17	18
19	20 Lifting & Conditioning 4 – 6 PM <b>Raider Skills Camp</b>	21 <b>Raider Skills Camp</b>	22 Lifting & Conditioning 4 – 6 PM <b>Raider Skills Camp</b>	23 Lifting & Conditioning 4 – 6 PM <b>Raider Skills Camp</b>	24	25
26	27 Lifting & Conditioning 4 – 6 PM <b>Raider Skills Camp</b>	28 <b>Raider Skills Camp</b>	29 Lifting & Conditioning 4 – 6 PM <b>Raider Skills Camp</b>	30 Lifting & Conditioning 4 – 6 PM <b>Raider Skills Camp</b>	31	

# TENTATIVE August 2009 (Subject to change)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Lifting & Conditioning 8 – 10 AM	4	5 Lifting & Conditioning 8 – 10 AM	6 Lifting & Conditioning 8 – 10 AM Parents Mtg. 7:45 Fieldhouse	7	8
9	10 OFF WEEK	11 OFF WEEK	12 OFF WEEK	13 OFF WEEK	14 OFF WEEK	15
16 * Varsity FB Camp Week of 17 <sup>th</sup>	17 Lifting & Conditioning 8 – 10 AM Final Equipment	18	19 Lifting & Conditioning 8 – 10 AM Final Equipment	20	21	22
23 * All Physical, 2 Emergency, and Drug Testing must be completed by 8/24 or else cannot participate.	24 <b>Mandatory CAMP</b> 8 – 10:30 AM	25 <b>Mandatory CAMP</b> 8 – 10:30 AM	26 <b>Mandatory CAMP</b> 8 – 10:30 AM	27 <b>Mandatory CAMP</b> 8 – 10:30 AM	28	29
30	31 <b>Mandatory Practice</b> Report at 2:30 3 – 5:00					