

January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3 Post Season Week 1	4 Lift 3:15 - 4:30	5 Lift 3:15 - 4:30	6 Meeting 7:15 AM Meeting 3 PM	7 Lift 3:15 - 4:30	8 Lift 3:15 - 4:30	9
10 Post Season Week 2	11 Lift 3:15 - 4:30	12 Lift 3:15 - 4:30	13	14 Lift 3:15 - 4:30	15 Lift 3:15 - 4:30	16
17 Post Season Week 3	18 Lift 3:15 - 4:30 No School	19 Lift 3:15 - 4:30	20 Early Dismissal +2 Workout 6:15 Am	21 Lift 3:15 - 4:30	22 Lift 3:15 - 4:30	23 Byron
24 Max Post Season Week 4	25 Lift 3:15 - 4:30	26 Lift 3:15 - 4:30	27 Mini Clinic	28 Lift 3:15 - 4:30	29 Lift 3:15 - 4:30	30 Galesburg
31 Post Season Week 5	1 Lift 3:15 - 4:30	2 Lift 3:15 - 4:30	3 +2 Workout 6:15 Am	4 Mega Clinic - Chicago Lift 3:15 - 4:30	5 Lift 3:15 - 4:30	6

February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Post Season Week 5	1 Lift 3:15 - 4:30	2 Lift 3:15 - 4:30	3 +2 Workout 6:15 Am	4 Mega Clinic - Chicago Lift 3:15 - 4:30	5 Lift 3:15 - 4:30	6
7 Post Season Week 6	8 Lift 3:15 - 4:30	9 Lift 3:15 - 4:30	10	11 Lift 3:15 - 4:30	12 Lift 3:15 - 4:30	13
14 Post Season Week 7	15 No School	16 Lift 3:15 - 4:30	17 +2 Workout 6:15 Am Early Dismissal	18 Lift 3:15 - 4:30	19 Lift 3:15 - 4:30	20 Lake Zurich
21 Post Season Week 8 Max	22 Lift 3:15 - 4:30	23 Lift 3:15 - 4:30	24 Mini Clinic	25 Lift 3:15 - 4:30	26 Lift 3:15 - 4:30	27
28 Offseason Base Week 1	1 Lift 3:15 - 4:30	2 Lift 3:15 - 4:30	3 +2 Workout 6:15 Am	4 Glazier Clinic - Chicago Lift 3:15 - 4:30	5 Lift 3:15 - 4:30	6

March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Offseason Base Week 1	1 Lift 3:15 - 4:30	2 Lift 3:15 - 4:30	3 +2 Workout 6:15 Am	4 Glazier Clinic - Chicago Lift 3:15 - 4:30	5 Lift 3:15 - 4:30	6
7 Glazier Clinic - Chicago Offseason Base Week 2	8 Lift 3:15 - 4:30	9 Lift 3:15 - 4:30	10	11 Lift 3:15 - 4:30	12 Lift 3:15 - 4:30	13
14 Offseason Base Week 3	15 Lift 3:15 - 4:30	16 Lift 3:15 - 4:30	17 +2 Workout 6:15 Am Early Dismissal	18 Lift 3:15 - 4:30	19 Lift 3:15 - 4:30	20
21 Offseason Base Week 4 Max	22 Lift 3:15 - 4:30	23 Lift 3:15 - 4:30	24 Mini Clinic	25 Lift 3:15 - 4:30	26 Lift 3:15 - 4:30	27
28 Spring Break	29	30	31	1	2	3

April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Spring Break	29	30	31	1	2	3
4 Spring Break Offseason Dev Week 2	5	6 Lift 3:15 - 4:30	7 IHSFCA Clinic	8 Lift 3:15 - 4:30	9 Lift 3:15 - 4:30	10
11 Offseason Dev Week 3	12 Lift 3:15 - 4:30	13 Lift 3:15 - 4:30	14	15 Lift 3:15 - 4:30	16 Lift 3:15 - 4:30	17
18 Max Offseason Dev Week 4	19 Lift 3:15 - 4:30	20 Lift 3:15 - 4:30	21 +2 Workout 6:15 Am Early Dismissal	22 Lift 3:15 - 4:30	23 Lift 3:15 - 4:30	24
25 Offseason Peak Week 1	26 Lift 3:15 - 4:30	27 Lift 3:15 - 4:30	28 Mini Clinic	29 Lift 3:15 - 4:30	30 Lift 3:15 - 4:30	1

May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 Offseason Peak Week 1	26 Lift 3:15 - 4:30	27 Lift 3:15 - 4:30	28 Mini Clinic	29 Lift 3:15 - 4:30	30 Lift 3:15 - 4:30	1
2 Offseason Peak Week 2	3 Lift 3:15 - 4:30	4 Lift 3:15 - 4:30	5 +2 Workout 6:15 Am	6 Lift 3:15 - 4:30	7 Lift 3:15 - 4:30	8
9 Offseason Peak Week 3	10 Lift 3:15 - 4:30	11 Lift 3:15 - 4:30	12	13 Lift 3:15 - 4:30	14 Lift 3:15 - 4:30	15
16 Offseason Peak Week 4 Max	17 Lift 3:15 - 4:30	18 Lift 3:15 - 4:30	19	20 Lift 3:15 - 4:30	21 Lift 3:15 - 4:30	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5