

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Strength and Cond		Schedule 2010		5-Jan		6-Jan		7-Jan		8-Jan		9-Jan	
		Weight Room		Weight Room				Weight Room					
		3:00-5:15pm		3:00-5:15 pm				3:00-5:15pm					
10-Jan		11-Jan		12-Jan		13-Jan		14-Jan		15-Jan		16-Jan	
		Weight Room		Weight Room				Weight Room					
		3:00-5:15pm		3:00-5:15pm				3:00-5:15pm					
17-Jan		18-Jan		19-Jan		20-Jan		21-Jan		22-Jan		23-Jan	
				Weight Room		Weight Room		Weight Room				Eastern	
		No School		3:00-5:15pm		3:00-5:15pm		3:00-5:15pm				PA Elite	
24-Jan		25-Jan		26-Jan		27-Jan		28-Jan		29-Jan		30-Jan	
		Weight Room		Weight Room	PSSA Prep JR			Weight Room	PSSA Prep				
		3:00-5:15pm		3:00-5:15pm				3:00-5:15pm					
31-Jan		1-Feb		2-Feb		3-Feb		4-Feb		5-Feb		6-Feb	
		Weight Room		Weight Room PSSA Prep JR				Weight Room PSSA PREP JR					
		3:00-5:15pm		3:00-5:15pm		QB School		3:00-5:15pm		State Coaches Conv.			
7-Feb		8-Feb		9-Feb		10-Feb		11-Feb		12-Feb		13-Feb	
JR. SUPERBOWL		Weight Room		Weight Room		QB School		Weight Room					
AM	10:00PM				Prep				Prep				
PARTY VIII		3:00-5:15pm		3:00-5:15pm				3:00-5:15pm					
14-Feb		15-Feb		16-Feb		17-Feb		18-Feb		19-Feb		20-Feb	
		No School		Weight Room		Weight Room		Weight Room				Nike	
					Prep				Prep			Combine	
				3:00-5:15pm		3:00-5:15pm		3:00-5:15pm				Pitt	
21-Feb		22-Feb		23-Feb		24-Feb		25-Feb		26-Feb		27-Feb	
		Weight Room		Weight Room		QB School		Weight Room					
		3:00-5:15pm		3:00-5:15pm				3:00-5:15pm					
28-Feb		1-Mar		2-Mar		3-Mar		4-Mar		5-Mar		6-Mar	
		Weight Room		Weight Room		QB School		Weight Room					
		3:00-5:15pm		3:00-5:15pm				3:00-5:15pm					
7-Mar		8-Mar											

Nike Combine Phila.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14-Mar	15-Mar	16-Mar	17-Mar	18-Mar	19-Mar	20-Mar
	Weight Room	Weight Room		Weight Room	Weight Room	
	3:00-5:15pm	3:00-5:15 pm	QB School	3:00-5:15pm	3:00-5:15pm	
21-Mar	22-Mar	23-Mar	24-Mar	25-Mar	26-Mar	27-Mar
	Weight Room	Weight Room		Weight Room		
	3:00-5:15pm	3:00-5:15pm	QB School	3:00-5:15pm		
28-Mar	29-Mar	30-Mar	31-Mar	1-Apr	2-Apr	3-Apr
	Weight Room	Weight Room				Nike
	3:00-5:15pm	3:00-5:15pm	QB School			Combine
						Baltimore
4-Apr	5-Apr	6-Apr	7-Apr	8-Apr	9-Apr	10-Apr
		Weight Room	Weight Room	Weight Room		
		3:00-5:15PM	3:00-5:15pm	3:00-5:15pm		
11-Apr	12-Apr	13-Apr	14-Apr	15-Apr	16-Apr	17-Apr
	Weight Room	Weight Room	OTA 5-7	Weight Room		
	3:00-5:15pm	3:00-5:15pm	QB School	3:00-5:15pm		
18-Apr	19-Apr	20-Apr	21-Apr	22-Apr	23-Apr	24-Apr
	Weight Room	Weight Room	OTA 5-7	Weight Room		
	3:00-5:15pm	3:00-5:15pm	QB School	3:00-5:15pm		
25-Apr	26-Apr	27-Apr	28-Apr	29-Apr	30-Apr	1-May
	Weight Room	Weight Room	OTA 5-7	Weight Room		
	3:00-5:15pm	3:00-5:15pm	QB School	3:00-5:15pm		
2-May	3-May	4-May	5-May	6-May	7-May	8-May
	Weight Room	Weight Room	OTA 5-7	Weight Room		
	3:00-5:15pm	3:00-5:15pm	QB School	3:00-5:15pm		
9-May	10-May	11-May	12-May	13-May	14-May	15-May
	Weight Room	Weight Room	Weight Room		UA Combine Invite	
	3:00-5:15pm	3:00-5:15pm	3:00-5:15pm		only	
16-May	17-May	18-May	19-May	20-May	21-May	22-May

Remember Spring OTA'S June 7th to 11th

Team

23-May	24-May	Camp at West Virginia Universty June 16th -19th	28-May	
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B	C	D	E	F	G	H	I	J	K	L	M	N			
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
Strength and Cond.		Schedule		2010		1-Jun		2-Jun		3-Jun		4-Jun		5-Jun	
		Weight Room		Weight Room		Weight Room		Weight Room							
		6:30am to 9:30am		6:30am to 9:30am		6:30am to 9:30am		6:30am to 9:30am							
		Fr. 9:30am to 11:30am		Fr. 9:30am to 11:30am		OTA 5-7		Fr. 9:30am to 11:30am							
6-Jun		7-Jun		8-Jun		9-Jun		10-Jun		11-Jun		12-Jun			
		Fr. 9:30am to 11:30am		Fr. 9:30am to 11:30am				Fr. 9:30am to 11:30am							
		Spring Workout 5-9		Spring Workout 5-9		Spring Workout 5-9		Spring Workout 5-9		Spring Workout 5-9					
13-Jun		14-Jun		15-Jun		16-Jun		17-Jun		18-Jun		19-Jun			
		Weight Room		Weight Room		Weight Room	OTA 5-7	Weight Room							
		6:30am to 9:30am		6:30am to 9:30am		6:30am to 9:30am		6:30am to 9:30am							
		Fr. 9:30am to 11:30am		Fr. 9:30am to 11:30am		Fr. 9:30am to 11:30am		Fr. 9:30am to 11:30am							
20-Jun		21-Jun		22-Jun		23-Jun		24-Jun		25-Jun		26-Jun			
		Weight Room		Weight Room		Weight Room	OTA 5-7	Weight Room							
		6:30am to 9:30am		6:30am to 9:30am		6:30am to 9:30am		6:30am to 9:30am							
		Fr. 9:30am to 11:30am		Fr. 9:30am to 11:30am		Fr. 9:30am to 11:30am		Fr. 9:30am to 11:30am							
27-Jun		28-Jun		29-Jun		30-Jun		1-Jul		2-Jul		3-Jul			
		Weight Room		Weight Room		Weight Room OTA 5-7		Weight Room							
		6:30am to 9:30am		6:30am to 9:30am		6:30am to 9:30am		6:30am to 9:30am							
		Fr. 9:30am to 11:30am		Fr. 9:30am to 11:30am		Fr. 9:30am to 11:30am		Fr. 9:30am to 11:30am							
4-Jul		5-Jul		6-Jul		7-Jul		8-Jul		9-Jul		10-Jul			
Happy Independence		Summer		Vacation		Summer		Vacation							
Day		No		Weights		This		Week							
11-Jul		12-Jul		13-Jul		14-Jul		15-Jul		16-Jul		17-Jul			
		Weight Room		Weight Room				Weight Room							
		6:30am to 9:30am		6:30am to 9:30am				6:30am to 9:30am							
		Fr. 9:30am to 11:30am		Fr. 9:30am to 11:30am		OTA 5-7		Fr. 9:30am to 11:30am							
18-Jul		19-Jul		20-Jul		21-Jul		22-Jul		23-Jul		24-Jul			
		6:30am to 9:30am		6:30am to 9:30am				6:30am to 9:30am							

