

# July 2009

## STHS Freshman Calendar Freshmen Football Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<b>**We Will Practice Rain or Shine on all Schedule Days**</b> <b>**Athletes are to report to the training room at 2:45 pm in order to start the IMPAT testing by 3pm.**</b>			1*Team Camp* 6:00 pm–8:00 pm @ STHS	2 5:00-7:00 pm Strength & conditioning	3 <b>**FREE **</b> <b>EVERY FRIDAY</b> Speed & agility 7:45 am- 8:45 am @ STHS	4		
Coach Vaughn and Coach Ritter on vacation								
5	6	7 5:00-7:00 pm Strength & conditioning	8	9 5:00-7:00 pm Strength & conditioning	10 <b>**FREE **</b> <b>EVERY FRIDAY</b> Speed & agility 7:45 am- 8:45 am @ STHS	11 <b>**FREE**</b> <b>BIG BOYS IN Training Off &amp; Def Line Skill Camp 8am-1pm @ Steel High</b>		
12	13	14 <b>*4:00-5:00*</b> <b>(DURING THIS TIME ONLY)</b> <b>Helmet Handout</b> 5:00-7:00 pm Strength & conditioning	15 <b>**IMPAT TEST @ 3:00 PM**</b>	16 5:00-7:00 pm Strength & conditioning	17 <b>**FREE **</b> <b>EVERY FRIDAY</b> Speed & agility 7:45 am- 8:45 am @ STHS	18 <b>**Skill**</b> <b>Players Camp 8am – 12 pm @ STHS</b>		
Coach Clark on Vacation				Coach Clark on Vacation				
19	20	21 5:00-7:00 pm Strength & conditioning	22 <b>** FREE**</b> <u>Fall</u> <u>2009 Sports</u> <u>Physicals:</u> <b>Middle School 9:00 a.m.</b>	23 5:00-7:00 pm Strength & conditioning 7 v 7 @ STHS JV?	24 <b>**FREE **</b> <b>EVERY FRIDAY</b> Speed & agility 7:45 am- 8:45 am @ STHS	25		
Coach Clark on Vacation		26	27	28	29	30	31	
			<b>**IMPAT TEST @ 3:00 PM**</b>	<b>7 v 7 @ Red Lion</b>		5:00-7:00 pm Strength & conditioning	31 <b>**FREE **</b> <b>EVERY FRIDAY</b> Speed & agility 7:45 am- 8:45 am @ STHS	You can only wear Red, Black, Grey, or White to Schedule events

Coach Vaughn 421-2525

Coach Clark 443-4327

Coach Stokes 877-9234

Coach Ritter 379-4747