

BRUNSWICK FOOTBALL

March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7 <i>MANDATORY Parent/Player Meeting Auditorium 5:00pm</i>	8 <i>Lift Cycle 1 Week 3 Day 1 8th Grade Lift Orientation</i>	9	10 <i>Lift Cycle 1 Week 3 Day 2 8th Grade Lift Test</i>	11 <i>Lift Cycle 1 Week 3 Day 3 8th Grade Lift Test</i>	12	13 <i>SAT Test Date</i>
14	15 <i>Lift Cycle 1 Week 4 Day 1 8th Grade Week 1 Day 1</i>	16	17 <i>Lift Cycle 1 Week 4 Day 2 8th Grade Week 1 Day 2</i>	18 <i>Lift Cycle 1 Week 4 Day 3 8th Grade Week 1 Day 3</i>	19	20
21	22 <i>Lift Cycle 1 Week 5 Day 1 8th Grade Week 2 Day 1</i>	23	24 <i>Lift Cycle 1 Week 5 Day 2 8th Grade Week 2 Day 2</i>	25 <i>Lift Cycle 1 Week 5 Day 3 8th Grade Week 2 Day 3</i>	26	27
28	29 <i>Lift Cycle 1 Week 6 Day 1 8th Grade Week 3 Day 1 BJR 6on6 Sign Up</i>	30 <i>End of Term 3 BJR 6on6 Sign Up</i>	31 <i>Lift Cycle 1 Week 6 Day 2 8th Grade Week 3 Day 2 BJR 6on6 Sign Up</i>			

BRUNSWICK FOOTBALL

April 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Lift Cycle 1</i> <i>Week 6 Day 3</i> <i>8th Grade</i> <i>Week 3 Day 3</i> <i>BJR 6on6 Sign Up</i>	2 <i>Spring Break</i>	3
4 <i>Easter</i>	5 <i>Spring Break</i>	6 <i>Lift Test</i> <i>8th Grade</i> <i>Week 4 Day 1</i> <i>BJR 6on6 Sign Up</i>	7 <i>Lift Test</i> <i>8th Grade</i> <i>Week 4 Day 2</i> <i>BJR 6on6 DRAFT</i>	8 <i>Lift Test</i> <i>8th Grade</i> <i>Week 4 Day 3</i>	9	10 <i>ACT Test Date</i>
11 <i>BJR</i> <i>6 on 6</i> <i>League</i>	12 <i>Lift Cycle 2</i> <i>Week 1 Day 1</i> <i>8th Grade</i> <i>Week 5 Day 1</i>	13 <i>Speed Day</i> <i>2:30—3:45</i>	14 <i>Lift Cycle 2</i> <i>Week 1 Day 2</i> <i>8th Grade</i> <i>Week 5 Day 2</i>	15 <i>Lift Cycle 2</i> <i>Week 1 Day 3</i> <i>8th Grade</i> <i>Week 5 Day 3</i>	16	17
18 <i>BJR</i> <i>6 on 6</i> <i>League</i>	19 <i>Lift Cycle 2</i> <i>Week 2 Day 1</i> <i>8th Grade</i> <i>Week 6 Day 1</i> <i>Booster Dinner</i>	20 <i>Speed Day</i> <i>2:30—3:45</i>	21 <i>Lift Cycle 2</i> <i>Week 2 Day 2</i> <i>8th Grade</i> <i>Week 6 Day 2</i>	22 <i>Lift Cycle 2</i> <i>Week 2 Day 3</i> <i>8th Grade</i> <i>Week 6 Day 3</i>	23	24
25 <i>BJR</i> <i>6 on 6</i> <i>League</i>	26 <i>Lift Cycle 2</i> <i>Week 3 Day 1</i> <i>8th Grade</i> <i>Lift Test</i>	27 <i>Speed Day</i> <i>2:30—3:45</i>	28 <i>Lift Cycle 2</i> <i>Week 3 Day 3</i> <i>8th Grade</i> <i>Lift Test</i>	29 <i>Lift Cycle 2</i> <i>Week 3 Day 3</i> <i>8th Grade</i> <i>Lift Test—MU</i>	30	

BRUNSWICK FOOTBALL

May 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 BJR 6 on 6 League	3 <i>Lift Cycle 2</i> <i>Week 4 Day 1</i> <i>8th Grade</i>	4 Speed Day 2:30—3:45	5 <i>Lift Cycle 2</i> <i>Week 4 Day 3</i> <i>8th Grade</i>	6 <i>Lift Cycle 2</i> <i>Week 4 Day 3</i> <i>8th Grade</i>	7	8
9 BJR 6 on 6 League	10 <i>Lift Cycle 2</i> <i>Week 5 Day 1</i> <i>8th Grade</i> <i>Week 2 Day 1</i>	11 Speed Day 2:30—3:45	12 <i>Lift Cycle 2</i> <i>Week 5 Day 3</i> <i>8th Grade</i> <i>Week 2 Day 2</i>	13 <i>Lift Cycle 2</i> <i>Week 5 Day 3</i> <i>8th Grade</i> <i>Week 2 Day 3</i>	14	15
16 BJR 6 on 6 League	17 <i>Lift Cycle 2</i> <i>Week 6 Day 1</i> <i>8th Grade</i>	18 Speed Day 2:30—3:45	19 <i>Lift Cycle 2</i> <i>Week 6 Day 3</i> <i>8th Grade</i>	20 <i>Lift Cycle 2</i> <i>Week 6 Day 3</i> <i>8th Grade</i>	21	22
23 BJR 6 on 6 League <i>Championship</i>	24 <i>Lift Test</i> <i>8th Grade</i> <i>Week 4 Day 1</i> <i>NFL Camp</i>	25 Speed Day 2:30—3:45 OR <i>NFL Camp</i>	26 <i>Lift Test</i> <i>8th Grade</i> <i>Week 4 Day 2</i> <i>NFL Camp</i>	27 <i>Lift Test</i> <i>8th Grade</i> <i>Week 4 Day 3</i> <i>NFL Camp</i>	28 Lift-a-Thon Sponsor Sheets Distributed <i>NFL Camp</i>	29
30	31 Memorial Day No School					

BRUNSWICK FOOTBALL

June 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Frederick Co. 7 on 7 Site & Time TBA</i>	2 <i>Lift Cycle 3 Week 1 Day 2 8th Grade Week 5 Day 2</i>	3 <i>Lift Cycle 3 Week 2 Day 3 8th Grade Week 5 Day 3 Frederick Co. 7 on 7</i>	4 Lift-a-thon	5 <i>SAT Test Date 7 on 7 Tournament Time & Site TBA</i>
6	7 <i>Lift Cycle 3 Upper Body Week 2 Day 1 8th Grade Week 6 Day 1</i>	8 <i>Frederick Co. 7 on 7 Site & Time TBA</i>	9 <i>Lift Cycle 3 Upper Body Week 2 Day 2 8th Grade Week 6 Day 2</i>	10 <i>Lift Cycle 3 Week 2 Day 3 8th Grade Week 6 Day 3 Frederick Co. 7 on 7</i>	11 Lift Test Lift-a-thon \$\$ Due	12 <i>ACT Test Date 7 on 7 Tournament Time & Site TBA</i>
13	14 Lift Test <i>Last Day of School</i>	15 <i>Frederick Co. 7 on 7 Site & Time TBA</i>	16	17 <i>Frederick Co. 7 on 7 Site & Time TBA</i>	18 <i>Penn State 7 on 7 Camp Varsity Invite Only</i>	19 <i>Penn State 7 on 7 Camp Varsity Invite Only</i>
20	21 Vacation Week	22	23	24	25	26
27	28 <i>Summer Workouts Begin - Week 1 - Lift - 7on7 Practice</i>	29 <i>Week 1 - Lift - Conditioning</i>	30 <i>Week 1 - Lift - 7on7 Games</i>			

BRUNSWICK FOOTBALL

July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Week 1 - Lift - Conditioning</i>	2	3
4 <i>Independence Day</i>	5 Community Discount Cards Distributed <i>Week 2 - Lift - 7on7 Practice</i>	6 <i>Week 2 - Lift - Conditioning</i>	7 <i>Week 2 - Lift - 7on7 Games</i>	8 <i>Week 2 - Lift - Conditioning</i>	9	10
11	12 <i>Week 3 - Lift - 7on7 Practice</i>	13 <i>Week 3 - Lift - Conditioning</i>	14 <i>Week 3 - Lift - 7on7 Games</i>	15 Card Sale \$\$ Due <i>Week 3 - Lift - Conditioning</i>	16	17
18	19 Game Program Ad Sales <i>Week 4 - Lift - 7on7 Practice</i>	20 <i>Week 4 - Lift - Conditioning</i>	21 <i>Week 4 - Lift - 7on7 Games</i>	22 <i>Week 4 - Lift - Conditioning</i>	23	24
25	26 <i>Week 5 - Lift - 7on7 Practice</i>	27 <i>Week 5 - Lift - Conditioning</i>	28 <i>Week 5 - Lift - 7on7 Games</i>	29 Game Program Ad \$\$ Due <i>Week 5 - Lift - Conditioning</i>	30	31

BRUNSWICK FOOTBALL

August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Letter Fundraiser <i>Week 6 - Lift - 7on7 Practice</i>	3 <i>Week 6 - Lift - Conditioning</i>	4 <i>Week 6 - Lift - 7on7 Games</i>	5 <i>Week 6 - Lift - Conditioning</i>	6	7
8 Letters Due on day equipment issued No Letters = No Equipment	9 <i>Equipment Issue 8:00am</i> <i>Top 25% Points</i>	10 <i>Equipment Issue 8:00am</i> <i>26-50% Points</i>	11 <i>Equipment Issue 8:00am</i> <i>51-75% Points</i>	12 <i>Equipment Issue 8:00am</i> <i>76% Down</i> <i>Varsity Team Night TBA</i>	13	14 Fall Camp/ Tryouts Begins 7:00am
15	16	17	18	19	20 Scrimmage #1 4 Team	21
22	23 <i>School Begins</i>	24	25	26	27 Scrimmage #2 at Fredercick	28
29	30	31	9/1	9/2	9/3 Poolesville Home 7:00	