


JANUARY 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 School Begins WO 1	5 WO 2	6	7 WO 3	8 WO 4	9
10	11 WO 5	12 WO 6	13 WO 7	14 Rest Day	15 WO 8	16
17	18 MLK DAY No School	19 WO 9	20 WO 10	21 WO 11	22 WO 12	23 UNF Stadium Run 8:30 a.m.
24	25 WO 13	26 WO 14	27 WO 15	28 Rest Day	29 WO 16	30 UNF Stadium Run Skill Players Only 9 a.m.
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FEBRUARY 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 WO 1	2 WO 2	3 WO 3	4 WO 4	5 Rest Day	6
7	8 WO 5	9 WO 6	10 WO 7	11 Rest Day	12 WO 8	13 UNF Stadium Run 9 a.m.
14	15 NO SCHOOL	16 WO 9	17 WO 10	18 WO 11	19 WO 12	20 UNF Stadium Run 9 a.m.
21	22 Testing Week Squat	23 Testing Week Bench	24 Testing Week Power Clean	25 Combine Training	26 Combine Training	27 NIKE COMBINE NUC COMBINE (9-10 th grades)
28 NUC COMBINE 11 th Grade						

MARCH 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 WO 1	2 WO 2	3 WO 3	4 Rest Day	5 WO 4	6 UNF Stadium Run Skill Players 9 a.m.
7	8 WO 5	9 WO 6	10 WO 7	11 Rest Day	12 WO 8	13
14	15 WO 9	16 WO 10	17 WO 11	18 Rest Day	19 WO 12	20 UNF Stadium Run 9 a.m.
21	22 WO 13	23 WO 14	24 WO 15	25 WO 16	26 NO SCHOOL Rest Day	27
28	29 SPRING BREAK	30 SPRING BREAK	31 SPRING BREAK	 CO  NT ON ME		