

SEHOME FRESHMAN FOOTBALL CALENDAR AUGUST 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Wt. Room 8 - 10 am	4 Wt. Room 8 - 10 am	5 Wt. Room 8 - 10 am	6 Wt. Room 8 - 10 am	7 Wt. Room 8 - 10 am	8
9	10 Wt. Room 8 - 10 am	11 Wt. Room 8 - 10 am	12 Wt. Room 8 - 10 am	13 Wt. Room 8 - 10 am	14 Wt. Room 8 - 10 am (Last day in the wt. room)	15
16	17 GET	18 READY	19 FOR FB Clearance 8 am - Lounge	20 FOOT- BALL	21 2009	22
23	24 FB Clearance 10 am - Lounge Practice @ 2 pm	25 Practice 3 - 5 pm	26 Practice 3 - 5 pm	27 Practice 3 - 5 pm	28 Practice 3 - 5 pm Green & White Game 6 pm	29 Practice 9 - 11 am
30	31 Practice 10 am - Noon					