



UPPER PERK FOOTBALL SCHEDULE

APRIL

2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				01-Apr-10	02-Apr-10	03-Apr-10
				CLOSED IN-SERVICE	CLOSED NO SCHOOL	CLOSED
04-Apr-10	05-Apr-10	06-Apr-10	07-Apr-10	08-Apr-10	09-Apr-10	10-Apr-10
CLOSED HAPPY EASTER	CLOSED NO SCHOOL	LIFTING 6:00-8:00	LIFTING 6:00-8:00	LIFTING 6:00-8:00	CLOSED	CLOSED
		SM/RW LINE WO#12	CB/JB LINE WO#13	GM/TP LINE WO#14		
		BACKS/REC WO#11 18 MIN. JOG	BACKS/REC WO#14 ICKY SHUFFLE	BACKS/REC WO#13 PLYO BALL #1-6		
11-Apr-10	12-Apr-10	13-Apr-10	14-Apr-10	15-Apr-10	16-Apr-10	17-Apr-10
CLOSED	LIFTING 6:00-8:00	LIFTING 6:00-8:00	MANDATORY TEAM MTG. 7:30	CLOSED	CLOSED	CLOSED
	HCL LINE WO#15	SM/RW LINE WO#16				
	BACKS/REC WO#16 JUMP ROPE	BACKS/REC WO#15 18 MIN. JOG				
18-Apr-10	19-Apr-10	20-Apr-10	21-Apr-10	22-Apr-10	23-Apr-10	24-Apr-10
CLOSED	LIFTING 6:00-8:00	LIFTING 6:00-8:00	LIFTING 6:00-8:00	LIFTING 6:00-8:00	CLOSED 2-HR EARLY	CLOSED
	HCL LINE WO#1	SM/RW LINE WO#2	CB/JB LINE WO#3	GM/TP LINE WO#4	DISMISSAL	
	BACKS/REC WO#2 JUMP ROPE	BACKS/REC WO#1 19 MIN. JOG	BACKS/REC WO#4 ICKY SHUFFLE	BACKS/REC WO#3 PLYO BALL #7-12		
25-Apr-10	26-Apr-10	27-Apr-10	28-Apr-10	29-Apr-10	30-Apr-10	
CLOSED STAFF MEETING	LIFTING 6:00-8:00	LIFTING 6:00-8:00	LIFTING 6:00-8:00	LIFTING 6:00-8:00	CLOSED	
DEFENSE PUNT RETURN	HCL LINE WO#5	SM/RW LINE WO#6	CB/JB LINE WO#7	GM/TP LINE WO#8		
	BACKS/REC WO#6 JUMP ROPE	BACKS/REC WO#5 19 MIN. JOG	BACKS/REC WO#8 ICKY SHUFFLE	BACKS/REC WO#7 PLYO BALL #1-6		

