



# UPPER PERK FOOTBALL SCHEDULE

## MARCH

## 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>01-Mar-10</b>	<b>02-Mar-10</b>	<b>03-Mar-10</b>	<b>04-Mar-10</b>	<b>05-Mar-10</b>	<b>06-Mar-10</b>
CLOSED	LIFTING 6:00-8:00	LIFTING 6:00-8:00	LIFTING 6:00-8:00	LIFTING 6:00-8:00	CLOSED	CLOSED
	HCL LINE WO#12	SM/RW LINE WO#13	CB/JB LINE WO#14	GM/TP LINE WO#15		
	BACKS/REC WO#11 JUMP ROPE	BACKS/REC WO#14 16 MIN. JOG	BACKS/REC WO#13 ICKY SHUFFLE	BACKS/REC WO#16 PLYO BALL #7-12		
<b>07-Mar-10</b>	<b>08-Mar-10</b>	<b>09-Mar-10</b>	<b>10-Mar-10</b>	<b>11-Mar-10</b>	<b>12-Mar-10</b>	<b>13-Mar-10</b>
CLOSED	LIFTING 6:00-8:00	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	HCL LINE WO#16					
	BACKS/REC WO#15 JUMP ROPE					
<b>14-Mar-10</b>	<b>15-Mar-10</b>	<b>16-Mar-10</b>	<b>17-Mar-10</b>	<b>18-Mar-10</b>	<b>19-Mar-10</b>	<b>20-Mar-10</b>
CLOSED	LIFTING 6:00-8:00	LIFTING 6:00-8:00	LIFTING 6:00-8:00	LIFTING 6:00-8:00	CLOSED	CLOSED
	HCL LINE WO#1	SM/RW LINE WO#2	CB/JB LINE WO#3	GM/TP LINE WO#4		
	BACKS/REC WO#2 JUMP ROPE	BACKS/REC WO#1 16 MIN. JOG	BACKS/REC WO#4 ICKY SHUFFLE	BACKS/REC WO#3 PLYO BALL #1-6		
<b>21-Mar-10</b>	<b>22-Mar-10</b>	<b>23-Mar-10</b>	<b>24-Mar-10</b>	<b>25-Mar-10</b>	<b>26-Mar-10</b>	<b>27-Mar-10</b>
CLOSED STAFF MEETING	LIFTING 6:00-8:00	LIFTING 6:00-8:00	LIFTING 6:00-8:00	LIFTING 9:00-11:00	CLOSED	CLOSED
OFFENSE PUNT	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 17 MIN. JOG	BACKS/REC WO#8 ICKY SHUFFLE	BACKS/REC WO#7 PLYO BALL #7-12		
<b>28-Mar-10</b>	<b>29-Mar-10</b>	<b>30-Mar-10</b>	<b>31-Mar-10</b>			
CLOSED	LIFTING 6:00-8:00	LIFTING 6:00-8:00	LIFTING 6:00-8:00			
	HCL LINE WO#9	SM/RW LINE WO#10	CB/JB LINE WO#11			
	BACKS/REC WO#10 JUMP ROPE	BACKS/REC WO#9 17 MIN. JOG	BACKS/REC WO#12 ICKY SHUFFLE			

**TRIBE  
FOOTBALL**