



UPPER PERK FOOTBALL SCHEDULE

MARCH

2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	28-Feb-11	01-Mar-11	02-Mar-11	03-Mar-11	04-Mar-11	05-Mar-11
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	JM LINE WO#13	RW LINE WO#14	GM/TP LINE WO#15		
	BACKS/REC WO#11 JUMP ROPE	BACKS/REC WO#14 16 MIN. RUN	BACKS/REC WO#13 ICKY SHUFFLE	BACKS/REC WO#16 PLYO BALL #7-12		
06-Mar-11	07-Mar-11	08-Mar-11	09-Mar-11	10-Mar-11	11-Mar-11	12-Mar-11
CLOSED	LIFTING 6:00-8:00	CLOSED	CLOSED	TEAM MAX NIGHT 6:00	CLOSED	CLOSED
	HCL LINE WO#16					
	BACKS/REC WO#15 JUMP ROPE					
13-Mar-11	14-Mar-11	15-Mar-11	16-Mar-11	17-Mar-11	18-Mar-11	19-Mar-11
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	JM LINE WO#2	RW LINE WO#3	GM/TP LINE WO#4	DISMISSAL	
	BACKS/REC WO#2 JUMP ROPE	BACKS/REC WO#1 16 MIN. RUN	BACKS/REC WO#4 ICKY SHUFFLE	BACKS/REC WO#3 PLYO BALL #1-6		
20-Mar-11	21-Mar-11	22-Mar-11	23-Mar-11	24-Mar-11	25-Mar-11	26-Mar-11
CLOSED	LIFTING 6:00-8:00	LIFTING 6:00-8:00	LIFTING 6:00-8:00	LIFTING 9:00-11:00	CLOSED	CLOSED
	HCL LINE WO#5	JM LINE WO#6	RW LINE WO#7	GM/TP LINE WO#8		
	BACKS/REC WO#6 JUMP ROPE	BACKS/REC WO#5 17 MIN. RUN	BACKS/REC WO#8 ICKY SHUFFLE	BACKS/REC WO#7 PLYO BALL #7-12		
27-Mar-11	28-Mar-11	29-Mar-11	30-Mar-11	31-Mar-11		
CLOSED STAFF MEETING	LIFTING 6:00-8:00	LIFTING 6:00-8:00	LIFTING 6:00-8:00	LIFTING 9:00-11:00		
OFFENSE PUNT RETURN	HCL LINE WO#9	JM LINE WO#10	RW LINE WO#11	GM/TP LINE WO#12		
	BACKS/REC WO#10 JUMP ROPE	BACKS/REC WO#9 17 MIN. RUN	BACKS/REC WO#12 ICKY SHUFFLE	BACKS/REC WO#11 PLYO BALL #1-6		

