



UPPER PERK FOOTBALL SCHEDULE

MAY

2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01-May-11	02-May-11	03-May-11	04-May-11	05-May-11	06-May-11	07-May-11
	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#8	JM LINE WO#9	RW LINE WO#10	GM/TP LINE WO#11		
	BACKS/REC WO#7 JUMP ROPE	BACKS/REC WO#10 19 MIN. STAD. STAIRS	BACKS/REC WO#9 ICKY SHUFFLE	BACKS/REC WO#12 PLYO BALL #1-6		
08-May-11	09-May-11	10-May-11	11-May-11	12-May-11	13-May-11	14-May-11
CLOSED	LIFTING 6:00-8:00	LIFTING 6:00-8:00	LIFTING 6:00-8:00 RW	LIFTING 6:00-8:00	CLOSED	CLOSED
	HCL LINE WO#12	JM LINE WO#13	LINE WO#14 BACKS/REC WO#13	GM/TP LINE WO#15		
	BACKS/REC WO#11 JUMP ROPE	BACKS/REC WO#14 20 MIN. RUN	ICKY SHUFFLE SPEED CAMP 4:00-5:45	BACKS/REC WO#16 PLYO BALL #7-12	SPEED CAMP 4:00-5:45	
15-May-11	16-May-11	17-May-11	18-May-11	19-May-11	20-May-11	21-May-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		SPEED CAMP 4:00-5:45		SPEED CAMP 4:00-5:45	
22-May-11	23-May-11	24-May-11	25-May-11	26-May-11	27-May-11	28-May-11
CLOSED STAFF MEETING	LIFTING 6:00-8:00	LIFTING 6:00-8:00	LIFTING 6:00-8:00 RW	LIFTING 6:00-8:00	CLOSED	CLOSED
OFFENSE/DEFENSE X-PT / FG	HCL LINE WO#1	JM LINE WO#2	LINE WO#3 BACKS/REC WO#4	TP/GM LINE WO#4		
	BACKS/REC WO#2 JUMP ROPE	BACKS/REC WO#1 20 MIN. STAD. STAIRS	ICKY SHUFFLE SPEED CAMP 4:00-5:45	BACKS/REC WO#3 PLYO BALL #1-6	SPEED CAMP 4:00-5:45	
29-May-11	30-May-11	31-May-11				
CLOSED	CLOSED MEMORIAL DAY	LIFTING 6:00-8:00				
		JM LINE WO#5				
		BACKS/REC WO#6 21 MIN. RUN				

SPEED CAMP STARTS WED.
MAY 11TH - 4:00 - 5:45

SPEED CAMP WILL BE HELD
THESE DAYS IN MAY: 11TH,
13TH, 18TH, 20TH, & 25TH.

