



February 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					4	5
6	7	8	9	10	11	12
13	14	15 Morning Lift 6 AM	16	17 Morning Lift 6 AM	18	19
20 Students no School	21 Toughness Tues- day 6:10 AM	22 Morning Lift 6 AM	23	24 Morning Lift 6:00 AM	25	26
27 Morning Lift 6 AM	28 Toughness Tues- day—in wrestling room 6:10				1	2
3	4	5	6	7	8	9

Don't EVER pass up a chance to improve. Discipline to get up and work with your brothers in the morning will be the key to making history in the Fall. +1

notes



March 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Morning Lift 6 AM	2	3 No School	4	5
6 Morning Lift 6 AM	7 Toughness Tuesday 6:10AM	8 Morning Lift 6:AM	9	10 Morning Lift 6 AM	11	12 Day Light Savings
13 Morning Lift 6:00 AM	14 No Toughness Tuesday—will do a Saturday morning	15 Morning Lift 6AM	16	17 Morning Lift 6 AM	18 8:00 AM Black Flag Saturday—location TBA	19
20 Morning Lift 6 AM	21 Toughness Tuesday 6:10 AM	22 Morning lift 6:00—6:45 Football sign up meeting 6:50AM	23 6:50 AM Leadership Council Meeting	24 Morning Lift 6:00 AM	25	26
27 Morning Lift 6:00 AM	28 Toughness Tuesday 6:10 AM	29 Morning lift 6:00 AM	30	31 Morning Lift 6:00 AM		

notes

Forget
About
Me
I
Love
You

+1



April 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3 Morning Lift 6AM	4 No Toughness Tuesday—Black Flag Sat	5 Morning Lifting 6AM	6	7 Morning Lifting 6AM	8 Black Flag Satur- day 7:30 AM Location TBA	9
10	11	12	13	14 Spring Break	15 Spring Break	16 Spring Break
17 Spring Break	18 Spring Break	19 Spring Break	20 Spring Break	21 Spring Break	22 Spring Break	23 Spring Break
24 Morning Lift 6Am	25 Toughness Tues- day 6:10	26 Morning lift 6AM	27 Leadership Coun- cil meeting 6:50 AM	28 Morning Lift 6 AM	29	30

Your only fear in football should be is that someone is out working or out preparing you . If you win those battles daily—the war will take care of itself.

notes



May 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 6 AM Lift	2 No Toughness Tuesday	3 6 AM Lift	4	5 6 AM Lift	6 1-5 PM 3 on 3 hoops tourney	7
8 6 AM Lift	9 Toughness Tuesday 6:10 AM On Turf-outside	10 6 AM Lift	11	12 6 AM lift	13	14
15 6 AM Lift	16 No Toughness Tuesday	17 6 AM lift	18 Leadership Council meeting 6:50 AM	19 6AM Lift	20	21
22 6 AM Lift	23 Toughness Tuesday 6:10—on turf outside	24 6 AM Lift	25	26 6 AM Lift	27	28
29 OFF	30 No Toughness Tuesday	31 6 AM Lift				1
2	3	4	5	6	7	8

Last full month of morning lifting—how will you/we/us finish this part of our preparation? We will decide our fate by our actions.
+1

notes



June 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2 6 AM Lift	3	4
5 6 AM Lift	6 Toughness Tuesday 6:10 outside on turf	7 Exams	8 Exams	9 6AM Lift Exams	10	11
12	13	14 Summer School Lifting/ Conditioning Begins	15 Summer School Lifting	16 Summer School Lifting	17	18
19 Summer School Lifting	20 Summer School Lifting	21 Summer School Lifting	22 Summer School Lifting	23	24	25
26 Summer School Lifting	27 Summer School Lifting	28 Summer School Lifting	29 Summer School Lifting	30		

Football is a game played out of Love—Love of team, love of family, love of community, love for each other, love for the competition. +1

notes



July 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3 Weight room will be open selected days but no official SS this week	4 Have a great 4th!	5	6	7	8	9
10 Summer School Lifting	11 Summer School Lifting	12 Summer School Lifting	13 Summer School Lifting	14 Carroll University Camp—10th-12th Grades	15 Carroll University Camp—10-12th Grades— info given in March	16 Carroll University Camp - 10-12th Grades
17 Summer School Lifting	18 Summer School Lifting	19 Summer School Lifting	20 High School Camp noon -4	21 High School Camp noon -4 (2nd annual Mom's Clinic 11:30 AM)	22 Community Service Day	23
24 Summer School Lifting	25 Summer School Lifting	26 Summer School Lifting	27 Summer School Lifting	28	29	30
31 First day of Football 9-12 grade Time and schedule T.B.A.						

Our optimism and belief is derived from our sacrifice and hard work. +1

notes