

2009.Football
Weekly 3rd Period Plan - Cy Springs

11.02.2009

<u>Monday</u>	<u>Plan</u>	<u>Coach</u>	<u>Notes:</u>
Linemen	Weight Room	Simmons	Reorganize Weight Room after new floor is installed
Skill	Weight Room	McCaig/Malonson	Reorganize Weight Room after new floor is installed
AYO's	Meeting Room	Marks	Collect new physicals, issue equipment, supervise, DO NOT LET THE NONPLAYERS INTO THE DRESSING ROOM!

11.03.2009

<u>Tuesday</u>	<u>Plan</u>	<u>Coach</u>	<u>Notes:</u>
Linemen	Weight Room	Simmons	Bench: 3x8, Hang Clean: 3x8, Squat: 3x8
Skill	Weight Room	McCaig/Malonson	Bench: 3x8, Hang Clean: 3x8, Squat: 3x8
AYO's	Meeting Room	Marks	Collect new physicals, issue equipment, supervise, DO NOT LET THE NONPLAYERS INTO THE DRESSING ROOM!

11.04.2009

<u>Wednesday</u>	<u>Plan</u>	<u>Coach</u>	<u>Notes:</u>
Linemen	Outside	Simmons	Kicking Game Review for Cy Springs
Skill	Outside	McCaig/Malonson	Kicking Game Review for Cy Springs
AYO's	Meeting Room	Marks	Collect new physicals, issue equipment, supervise, DO NOT LET THE NONPLAYERS INTO THE DRESSING ROOM!

11.05.2009

<u>Thursday</u>	<u>Plan</u>	<u>Coach</u>	<u>Notes:</u>
Linemen	Inside	Simmons	Game Day Preparation
Skill	Inside	McCaig/Malonson	Game Day Preparation
AYO's	Meeting Room	Marks	Collect new physicals, issue equipment, supervise, DO NOT LET THE NONPLAYERS INTO THE DRESSING ROOM!

11.06.2009

<u>Friday</u>	<u>Plan</u>	<u>Coach</u>	<u>Notes:</u>
Linemen	Weight Room	Simmons	Bench: 3x8, Hang Clean: 3x8, Squat: 3x8 (Add Weight)
Skill	Weight Room	McCaig/Malonson	Bench: 3x8, Hang Clean: 3x8, Squat: 3x8 (Add Weight)
AYO's	Meeting Room	Marks	Collect new physicals, issue equipment, supervise, DO NOT LET THE NONPLAYERS INTO THE DRESSING ROOM!

Notes:

- 1 The weather will dictate where and when we practice this week. Stay flexible.
- 2 Practice will start @ 3:30 until further notice. Everyone will have assigned study hall areas.
- 3 We play Cy Springs this week with the 9th Silver and Blue - 5:00 and 7:00 @ CCHS.
- 4

2009.Football
Weekley 5th Period Plan - Cy Springs

11.02.2009			
<u>Monday</u>	<u>Plan</u>	<u>Coach</u>	<u>Notes:</u>
Varsity	Weight Room	McCaig/Faith/Vacek/McDowell McCollum	Bench: 3x6, Hang Clean: 3x6, Squat: 3x6 (ADD WEIGHT)
JV Blue/Silver AYO's	Outside Meeting Room	Redner/Smith/Froman/Beech Franklin	Blue and Silver Team Work Collect new physicals, issue equipment, supervise, DO NOT LET THE NONPLAYERS INTO THE DRESSING ROOM!
11.03.2009			
<u>Tuesday</u>	<u>Plan</u>	<u>Coach</u>	<u>Notes:</u>
Varsity	Inside	McCaig/Faith/Vacek/McDowell McCollum	Film on Cy Springs
JV Blue/Silver AYO's	Weight Room Meeting Room	Redner/Smith/Froman/Beech Franklin	Bench: 3x6, Hang Clean: 3x6, Squat: 3x6 (ADD WEIGHT) Collect new physicals, issue equipment, supervise, DO NOT LET THE NONPLAYERS INTO THE DRESSING ROOM!
11.04.2009			
<u>Wednesday</u>	<u>Plan</u>	<u>Coach</u>	<u>Notes:</u>
Varsity	Inside	McCaig/Faith/Vacek/McDowell McCollum	Film on Cy Springs
JV Blue/Silver AYO's	Outside Meeting Room	Redner/Smith/Froman/Beech Franklin	Blue and Silver Team Work Collect new physicals, issue equipment, supervise, DO NOT LET THE NONPLAYERS INTO THE DRESSING ROOM!
11.05.2009			
<u>Thursday</u>	<u>Plan</u>	<u>Coach</u>	<u>Notes:</u>
Varsity	Weight Room	McCaig/Faith/Vacek/McDowell McCollum	Bench: 3x6, Hang Clean: 3x6, Squat: 3x6 (ADD WEIGHT)
JV Blue/Silver AYO's	Inside Meeting Room	Redner/Smith/Froman/Beech Franklin	Game Day preparation Collect new physicals, issue equipment, supervise, DO NOT LET THE NONPLAYERS INTO THE DRESSING ROOM!
11.06.2009			
<u>Friday</u>	<u>Plan</u>	<u>Coach</u>	<u>Notes:</u>
Varsity	Game Field	McCaig/Faith/Vacek/McDowell McCollum	Final Game Preparation for Cy Springs
JV Blue/Silver AYO's	Weight Room Meeting Room	Redner/Smith/Froman/Beech Franklin	Bench: 3x6, Hang Clean: 3x6, Squat: 3x6 (ADD WEIGHT) Collect new physicals, issue equipment, supervise, DO NOT LET THE NONPLAYERS INTO THE DRESSING ROOM!

Notes:

- 1 The weather will dictate where and when we practice this week. Stay flexible.
- 2 Practice will start @ 3:30 until further notice. Everyone will have assigned study hall areas.
- 3 We play Cy Springs this week with the JV Silver and Blue - 6:00 @ CSHS. They only have 1 team so we will have a combined squad.