

MAY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
			1 BASEBALL-4:00	2 LAX-7:00	3 BASEBALL-4:00	4 SAT LAX-5:00
5	6 BASEBALL-4:00	7 LAX-7:00	8 AP EXAMS	9 AP EXAMS	10 AP EXAMS LAX MSLA	11 LAX MSLA
12 MOTHER'S DAY	13 AP EXAMS	14 AP EXAMS	15 AP EXAMS	16 AP EXAMS	17 AP EXAMS	18
19 TEAM WORKOUT TBA	20	21	22 AP EXAMS	23 AP EXAMS SR. FINAL EXAMS	24 AP EXAMS SR. FINAL EXAMS	25
26	27 MEMORIAL DAY NO SCHOOL	28 FINAL EXAMS	29 FINAL EXAMS	30 FINAL EXAMS	31 COMMENCEMENT	

JUNE 2019

SUN	MON	TUE	WED	THU	FRI	SAT
						1 SAT VACATION WEEK
2 VACATION WEEK	3	4	5	6	7	8
9	10 SUMMER SESSION	11 SUMMER SESSION	12 SUMMER SESSION	13 SUMMER SESSION	14	15
16	17 SUMMER SESSION	18 SUMMER SESSION	19 SUMMER SESSION	20 SUMMER SESSION	21	22
23	24 SUMMER SESSION	25 SUMMER SESSION	26 SUMMER SESSION	27 SUMMER SESSION	28 7 on 7 TBA	29
30 SUMMER SESSION						

JULY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	1 SUMMER SESSION	2 SUMMER SESSION	3 NO PRACTICE 4 TH OF JULY	4 NO PRACTICE 4 th OF JULY	5	6
7	8 SUMMER SESSION	9 SUMMER SESSION	10 SUMMER SESSION	11 SUMMER SESSION	12 9:30 – 7 on 7 vs. SHALER	13
14	15 SUMMER SESSION	16 10:00: 7 on 7 v. Riverview 5:00: SUMMER SESSION	17 SUMMER SESSION	18 SUMMER SESSION	19	20
21	22 SUMMER SESSION	23 SUMMER SESSION 7v7 vs: SPRINGDALE	24 SUMMER SESSION	25 SUMMER SESSION	26	27 VACATION WEEK NO PRACTICE
28	29 VACATION WEEK NO PRACTICE	30	31			

AUGUST 2019

SUN	MON	TUE	WED	THU	FRI	SAT
				1 VACATION WEEK NO PRACTICE	2	3
4	5 HEAT ACCLIMATIZATION	6 HEAT ACCLIMATIZATION	7 HEAT ACCLIMATIZATION	8 HEAT ACCLIMATIZATION	9 HEAT ACCLIMATIZATION	10
11 TEAM PICTURE & PARENT MEETING 5:00 PM	12 CAMP WEEK 1	13 CAMP WEEK 1	14 CAMP WEEK 1	15 CAMP WEEK 1	16 CAMP WEEK 1	17 10:00- SCRIMMAGE 1 HOME v. ALDERDICE/ WESTINGHOUSE
18	19 CAMP WEEK 2	20 CAMP WEEK 2	21 CAMP WEEK 2	22 TBA- SCRIMMAGE 2 HOME v. DEER LAKES	23 CAMP WEEK 2	24 DAY OFF
25 TBA- PRACTICE	26 NEW STUDENT ORIENTATION EXTENDED PRACTICE	27 FIRST DAY OF SCHOOL REGULAR PRACTICE	28	29	30 WEEK 1- 7:00 AWAY At BROWNSVILLE	31

SEPTEMBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT
1 PRACTICE 12:00-3:00	2 LABOR DAY NO SCHOOL EXTENDED PRACTICE	3	4	5	6 WEEK 2- 7:00 HOME v. VALLEY	7
8 PRACTICE 12:00-3:00	9	10	11	12	13 WEEK 3- 7:00 HOME v. STEEL VALLEY	14
15 PRACTICE 5:00-8:30	16	17	18	19	20 WEEK 4- 7:00 AWAY at NESHANNOCK	21
22 PRACTICE 12:00-3:00	23	24	25	26	27 WEEK 5- 7:00 AWAY at APOLLO-RIDGE	28
29 PRACTICE 12:00-3:00	30 ROSH HASHANAH NO SCHOOL EXTENDED PRACTICE					

OCTOBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4 WEEK 6- 7:00 HOME v. SUMMIT ACADEMY	5
6 PRACTICE 5:30-8:30	7	8	9 YOM KIPPUR NO SCHOOL PRACTICE TBA	10	11	12 WEEK 7- TBA HOME v. FORT CHERRY HOMECOMING
13 DAY OFF	14 COLOMBUS DAY NO SCHOOL IN SERVICE	15	16	17	18 WEEK 8- 7:00 AWAY at EAST ALLEGHENY	19
20 PRACTICE 12:00-3:00	21	22	23	24	25 WEEK 9- 7:00 HOME v. AVONWORTH SENIOR NIGHT	26
27 DAY OFF	28 WPIAL PLAYOFF MEETING	29	30	31		

NOVEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 WEEK 10- 7:00 TBA WPIAL PLAYOFF FIRST ROUND	2
3	4	5	6	7	8 WEEK 11- 7:00 TBA WPIAL QUARTERFINALS	9
10	11	12	13	14	15 WEEK 12- 7:00 TBA WPIAL SEMIFINALS	16
17	18	19	20	21	22 WEEK 13- TBA WPIAL CHAMPIONSHIPS	23
24	25	26	27 THANKSGIVING BREAK NO SCHOOL	28 THANKSGIVING BREAK NO SCHOOL	29 WEEK 14- TBA PIAA SEMIFINALS	30

DECEMBER 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 IN SERVICE NO SCHOOL	3	4	5	6 PIAA CHAMPIONSHIPS	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

OUR SUMMER PROGRAM IS 27 SESSIONS

EACH WORKOUT YOU MISS IS NEARLY 4% OF
OUR TOTAL PREPARATION

OUR ACHIEVEMENTS AS A TEAM WILL BE
THE RESULTS OF THE COMBINED EFFORT OF
EACH INDIVIDUAL

WE HAVE GOT TO USE EVERY OPPORTUNITY
TO IMPROVE INDIVIDUALLY SO WE CAN
IMPROVE COLLECTIVELY

WE GO LIVE AGAINST BROWNSVILLE IN 101 DAYS

JUST OVER 14 WEEKS

IF YOU WORKOUT:

5 TIMES PER WEEK = 70 WORKOUTS

4 TIMES PER WEEK = 56 WORKOUTS

3 TIMES PER WEEK = 42 WORKOUTS

2 TIMES PER WEEK = 28 WORKOUTS

