

# DHS Football - March 2020

| Sunday                                      | Monday  | Tuesday                                   | Wednesday  | Thursday                                  | Friday   | Saturday |
|---|---|---|--|---|--|----------|
| 1<br>Week 6<br>Integrity                    | A 2<br>1 <sup>st</sup> Period – Lift/Run<br><b>4:30p – 8<sup>th</sup> &amp; 9<sup>th</sup> Lift</b> | A/B 3                                     | B 4<br><b>4:30p – 8<sup>th</sup> &amp; 9<sup>th</sup> Lift</b>                                       | A 5<br>1 <sup>st</sup> Period – Lift/Run  | B 6<br><b>6:15a – Varsity<br/>(Optional)</b>                               | 7        |
| 8<br>Week 7<br>Sacrifice                    | A 9<br>1 <sup>st</sup> Period – Lift/Run<br><b>4:30p – 8<sup>th</sup> &amp; 9<sup>th</sup> Lift</b> | B 10                                      | A 11<br>1 <sup>st</sup> Period – Lift/Run<br><b>4:30p – 8<sup>th</sup> &amp; 9<sup>th</sup> Lift</b> | B 12                                      | A 13<br>1 <sup>st</sup> Period – Lift/Run                                  | 14       |
| 15<br>Week 8<br>Selflessness                | B 16<br><b>4:30p – 8<sup>th</sup> &amp; 9<sup>th</sup> Lift</b>                                     | A 17<br>1 <sup>st</sup> Period – Lift/Run | B 18<br><b>4:30p – 8<sup>th</sup> &amp; 9<sup>th</sup> Lift</b>                                      | A 19<br>1 <sup>st</sup> Period – Lift/Run | B 20<br><b>3<sup>RD</sup> Term Ends<br/>6:15a – Varsity<br/>(Optional)</b> | 21       |
| 22<br>Week 9<br>Confidence vs.<br>Arrogance | <b>NO SCHOOL</b> 23<br><b>Holiday</b>   | A 24<br>1 <sup>st</sup> Period – Lift/Run | B 25<br><b>4:30p – 8<sup>th</sup> &amp; 9<sup>th</sup> Lift</b>                                      | A 26<br>1 <sup>st</sup> Period – Lift/Run | B 27   | 28       |
| 29  | <b>SPRING BREAK</b> 30  | <b>SPRING BREAK</b> 31                    |  |   |  |          |

## DETAILS

### Team

"If everyone is moving forward together, then success takes care of itself."

– Henry Ford

### Work

"Don't judge each day the harvest you reap but by the seeds that you plant."

– Robert Louis Stevenson

### Winning

"The key is not the will to win. Everybody has that. It is the will to prepare to win that is important."

– Bobby Knight