



March 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Off-season Workout 2:45-3:55	2	3 Off-season Workout 2:45-4:35	4 182 Days	5
6	7	8 Off-season Workout 2:45-3:55	9	10 Off-season Workout 2:45-4:35	11	12
13	14 Off-season Workout 2:45-4:35	15 Off-season Workout 2:45-3:55	16	17 Off-season Workout 2:45-4:35	18	19
20	21 Off-season Workout 2:45-4:35	22 Off-season Workout 2:45-3:55	23	24 Off-season Workout 2:45-4:35	25	26
27	28 No School	29 Off-season Workout 2:45-3:55	30	31 Off-season Workout 2:45-4:35		



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April 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 154 Days	2
3	4 Off-season Workout 2:45-4:35	5 Off-season Workout 2:45-4:35	6	7 Off-season Workout 2:45-4:35	8	9
10	11 Off-season Workout 2:45-4:35	12 Off-season Workout 2:45-4:35	13	14 Off-season Workout 2:45-4:35	15	16
17	18 Off-season Workout 2:45-4:35	19 Off-season Workout 2:45-4:35	20	21 No school	22	23
24	25 No School	26 Off-season Workout 2:45-4:35	27	28 Off-season Workout 2:45-4:35	29	



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May 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Off-season Workout 2:45-4:35	3 Off-season Workout 2:45-3:55	4	5 Off-season Workout 2:45-4:35	6 119 Days	7
8	9 Off-season Workout 2:45-4:35	10 Off-season Workout 2:45-4:35	11	12 Off-season Workout 2:45-4:35	13	14
15	16 Mini-Camp 2:45-5:30	17 Mini-Camp 2:45-5:30	18 Mini-Camp 2:45-5:30	19 No School	20 No School	21
22	23 Mini-Camp 2:45-5:30 Lift-a-thon	24 Mini-Camp 2:45-5:30	25 TBA	26 Mini-Camp 2:45-5:30	27 Mini-Camp 2:45-4:30	28
29	30 No School	31 Off-season Workout 2:45-4 Team Shoe orders				




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June 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Physicals 6/1 and later are good for Fall	Schedule Physical		1	2	3 91 Days	4
<ul style="list-style-type: none"> • Please inform coach of all absences. • Accountability 	Planned vacation misses must be included on the vacation schedule in staff office;	<ul style="list-style-type: none"> • unexpected misses must be reported to coach. 	8	9	10	11
12	13	14 Passing Team 9-10 am	15	16 Passing Team 9-10 am	17	18 Pitt Passing Camp All Day
19 Pitt Passing Camp All Day	20	21 Open Weight Room TBA	22	23 Open Weight Room TBA	24	25
26	27	28 Open Weight Room TBA	29	30 Open Weight Room TBA		




CV Football

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July 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<ul style="list-style-type: none"> • Please inform coach of all absences. • Accountability 	Planned vacation misses must be included on the vacation schedule in staff office;	<ul style="list-style-type: none"> • unexpected misses must be reported to coach. 	Physical?	7-7 Camp And 1 day camp may be added	1 63 Days	2
3	4	5 Summer Conditioning 7:30—10:00am	6 Summer Conditioning 7:30—10:00am	7 Summer Conditioning 7:30—10:00am	8	9
10	11 Summer Conditioning 7:30—10:00am	12 Summer Conditioning 7:30—10:00am	13 Summer Conditioning 7:30—10:00am	14 Summer Conditioning 7:30—10:00am	15	16
17	18 Summer Conditioning 7:30—10:00am	19 Summer Conditioning 7:30—10:00am	20 Summer Conditioning 7:30—10:00am	21 Summer Conditioning 7:30—10:00am	22	23
24	25 7:30—10:00am Parent Meeting 7:00 HS LGI	26 Summer Conditioning 7:30—10:00am	27 Summer Conditioning 7:30—10:00am	28 Summer Conditioning 7:30—10:00am	29	30
31 Paperwork, Goals, and Senior Essay Due 8/2						




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August 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Paperwork, Goals, and Senior Essay Due 8/2	1 Summer Conditioning 7:30—10:00am	2 Summer Conditioning 7:30—10:00am	3 Summer Conditioning 7:30—10:00am	4 Summer Conditioning 7:30—10:00am	5 28 Days	6
7	8 Summer Conditioning 7:30—10:00am	9 Summer Conditioning 7:30—10:00am	10 Summer Conditioning 7:30—10:00am Senior lunch at coach's house	11 Summer Conditioning 7:30—10:00am	12	13
14 All events after 8/14 are mandatory	15 2-a-days Times TBA	16 2-a-days Media Day	17 2-a-days	18 2-a-days	19 2-a-days	20 Scrimmage at South Fayette 10am
21	22 Practice 2:45– 6:15	23 Practice 2:45– 6:15	24 Practice 2:45– 6:15	25 Practice 2:45– 6:15	26 Scrimmage home vs. Aliquippa 5:00	27 Films and Weights 8:00 am
28	29 Practice 2:45– 6:15	30 Practice 2:45– 6:15	31 Practice 2:45– 6:15			




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September 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 1 Practice 2:45-5				1 Practice 2:45-5	2 Montour 7:00	3 Films and Weights 8 am JV Game
 4	5 Labor Day Practice 8am-noon	6 Practice 2:45- 6:15	7 Practice 2:45- 6:15	8 Practice 2:45-5	9 Trinity 7:00	10 Films and Weights 8 am JV Game
 11	12 Practice 2:45- 6:15	13 Practice 2:45- 6:15	14 Practice 2:45- 6:15	15 Practice 2:45-5	16 @ EF 7:30	17 Films and Weights 8 am JV Game
 18	19 Practice 2:45- 6:15	20 Practice 2:45- 6:15	21 Practice 2:45- 6:15	22 Practice 2:45-5	23 Bethel Park 7:00	24 Films and Weights 8 am JV Game
 25	26 Practice 2:45- 6:15	27 Practice 2:45- 6:15	28 Practice 2:45- 6:15	29 Practice 2:45-5	30 Belle Vernon 7:00	



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October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Films and Weights 8 am JV OFF
2 	3 Practice 2:45- 6:15 JV Game	4 Practice 2:45- 6:15	5 Practice 2:45- 6:15	6 Practice 2:45-5	7 @ TJ 7:30	8 Films and Weights 8 am JV Game
9 	10 Practice 2:45- 6:15	11 Practice 2:45- 6:15	12 Practice 2:45- 6:15	13 Practice 2:45-5	14 @ McGuffey 7:30	15 Films and Weights 8 am JV Game
16 	17 Practice 2:45- 6:15	18 Practice 2:45- 6:15	19 Practice 2:45- 6:15	20 Practice 2:45-5	21 West Mifflin 7:00	22 Films and Weights 8 am JV Game
23 	24 Practice 2:45- 6:15	25 Practice 2:45- 6:15	26 Practice 2:45- 6:15	27 Practice 2:45-5	28 @ South Park 7:30	29 Films and Weights 8 am JV Game
30	31 Practice 2:45- 6:15					


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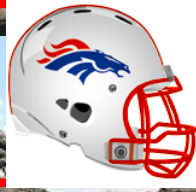


November 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Nov. and Dec. schedule Contingent upon playoff qualification and subsequent advancement.	Equipment will be collected immediately after return from final game. Expect a one hour process.	1 Practice 2:45- 6:15	2 Practice 2:45- 6:15	3 Practice 2:45-5	4 WPIAL Playoffs 7:30	5 Films and Weights 8 am
6	7 Practice 2:45- 6:15	8 Practice 2:45- 6:15	9 Practice 2:45- 6:15	10 Practice 2:45-5	11 WPIAL Playoffs 7:30	12 Films and Weights 8 am
13	14 Practice 2:45- 6:15	15 Practice 2:45- 6:15	16 Practice 2:45- 6:15	17 Practice 2:45-5	18 WPIAL Playoffs 7:30	19 Films and Weights 8 am
20	21 Practice 2:45- 6:15	22 Practice 2:45- 6:15	23 Practice 2:45- 6:15	24 Practice 2:45-5	25 WPIAL Championships TBA	26 Films and Weights 8 am
27	28 Practice 2:45- 6:15	29 Practice 2:45- 6:15	30 Practice 2:45- 6:15			



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December 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Nov. and Dec. schedule Contingent upon playoff qualification and subsequent advancement.	Equipment will be collected immediately after return from final game. Expect a one hour process.			1 Practice 2:45-5	2 State Quarterfinals	3 Films and Weights 8 am
4	5 Practice 2:45- 6:15	6 Practice 2:45- 6:15	7 Practice 2:45- 6:15	8 Practice 2:45-5	9 State Semi-Finals	10 Films and Weights 8 am
11	12 Practice 2:45- 6:15	13 Practice 2:45- 6:15	14 Practice 2:45- 6:15	15 Practice 2:45-5	16 State Championship Game	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



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