


March 2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|---|--|----------|
|  | 1 No Workouts Freshman to FC <i>(Power Phase I)</i> GRADUATION EXAM | 2 Workouts- 8 th Period Freshman to FC GRAD EXAM WEEK | 3 6:30 am Awareness Training No Workouts Freshman to FC GRAD EXAM WEEK | 4 Workouts- 8 th Period Freshman to FC GRAD EXAM WEEK | 5 No Workouts GRAD EXAM WEEK | 6 |
| 7 | 8 All Players- 6:45 am <i>(Power Phase II)</i> | 9 All Players- 6:45 am | 10 6:30 am Awareness Training All Players- 7:00 am | 11 All Players- 6:45 am | 12 Varsity- 7:00 am *No Freshman (Workout @ HFC) | 13 |
| 14 | 15 SPRING BREAK <i>*No Workouts</i> | 16 SPRING BREAK <i>*No Workouts</i> | 17 SPRING BREAK <i>*No Workouts</i> | 18 SPRING BREAK <i>*No Workouts</i> | 19 SPRING BREAK <i>*No Workouts</i> | 20 |
| 21 | 22 All Players- 6:45 am <i>(Big 5 & Lift)</i> <i>(4th Quarter Phase I)</i> | 23 All Players- 6:30 am (Speed/Comp/5th Qtr) | 24 All Players- 6:30 am 6:15- Awareness Training 6:30- Instructional Time 7:20- Lift 8:10- Shower/ Breakfast | 25 All Players- 6:30 am (Speed/Comp/5th Qtr) | 26 Varsity- 7:00 am (Big 5 & Lift) *No Freshman (Workout @ HFC) | 27 |
| 28 | 29 All Players- 6:45 am <i>(Big 5 & Lift)</i> <i>(4th Quarter Phase II)</i> *Receive Pledge Sheets for "NOC" | 30 All Players- 6:30 am (Speed/Comp/5th Qtr) | 31 All Players- 6:30 am 6:15- Awareness Training 6:30- Instructional Time 7:20- Lift 8:10- Shower/ Breakfast | | | |


April 2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|---|---|----------|
|  | | | | 1 All Players- 6:30 am (Speed/Comp/5 th Qtr) | 2 Varsity- 7:00 am (Big 5 & Lift) *No Freshman (Workout @ HFC) | 3 |
| 4 | 5 All Players- 6:45 am (Big 5 & Lift) (4 th Quarter Phase III) | 6 All Players- 6:30 am (Speed/Comp/5 th Qtr) | 7 All Players- 6:30 am 6:15- Awareness Training 6:30- Instructional Time 7:20- Lift 8:10- Shower/ Breakfast | 8 All Players- 6:30 am (Speed/Comp/5 th Qtr) | 9 Varsity- 7:00 am (Big 5 & Lift) *No Freshman (Workout @ HFC) | 10 |
| 11 | 12 All Players- 6:45 am (Big 5 & Lift) (4 th Quarter Phase IV) | 13 All Players- 6:30 am (Speed/Comp/5 th Qtr) | 14 All Players- 6:30 am 6:15- Awareness Training 6:30- Instructional Time 7:20- Lift 8:10- Shower/ Breakfast | 15 All Players- 6:30 am (Speed/Comp/5 th Qtr) | 16 Varsity- 7:00 am (Big 5 & Lift) *No Freshman (Workout @ HFC) | 17 |
| 18 "TAP IN" WEEK (Mon,Tues,Wed,Thur) <i>Report @ 6:30 am</i> | 19 All Players- 6:30 am (Overtime Phase I) "TAP IN" Session 7:30 am- Weights | 20 All Players- 6:30 am "TAP IN" Session 7:30 am- Weights | 21 All Players- 6:30 am 6:30- Instructional Time 7:20- "TAP IN" Session 8:20- Shower/ Breakfast 8 th Period- Awareness Tr. | 22 All Players- 6:30 am "TAP IN" Session 7:30 am- Weights | 23 **No School/ No Workouts | 24 |
| 25 Always Compete Combine 2:30 – 7:00 pm <i>Buccaneer Stadium</i> (Tentative) | 26 **All Players- 6:30 am BUC Testing (Ht/Wt/Rch/VJ/BJ/Bench) <i>*Returning Players(11th/12th) Pick-Up Equipment</i> | 27 **All Players- 6:30 am BUC Testing (40/5-10-5/3 cone) <i>*Returning Players (10th) Pick-Up Equipment After School</i> | 28 **All Players- 6:30 am BUC Testing (Squat/ Hang Clean) 7:45 am Instructional Time <i>*All New Players(10th-12th) Pick-Up Equipment After School</i> | 29 Make-Up Players- 6:30 am BUC Testing Make-ups (Pledge Sheet is Due) \$150.00 6:30 pm "NIGHT OF CHAMPIONS" DRESSED & READY | 30 **FCA- 7:30 am *No Workouts *No Freshman | |


May 2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------|---|---|--|---|---|---|
| **Tentative | | | | | | 1 |
| 2 | 3 All Players- 7:00 am (Dressed-School) (Freshman- Lift @HFC) (Varsity- Lift 8 th Period) | 4 All Players- 7:00 am (Dressed-School) (Freshman- Lift @HFC) (Varsity- Lift 8 th Period) | 5 SPRING #1 7:00 am Team Meet 7:10 am – 8:20 am Indy Film/ Meet 4:15 pm On the Field | 6 SPRING #2 7:00 am Team Meet 7:10 am – 8:20 am Indy Film/ Meet 4:15 pm On the Field | 7 (Make-Up If Necessary) All Players- 7:30 am (Meet)(Dressed-School) (Freshman- Lift @HFC) (Varsity- Lift 8 th Period) | 8 |
| 9 *Mother's Day | 10 SPRING #3 7:00 am Weights 7:30 am – 8:20 am Indy Film/ Meet 4:15 pm On the Field | 11 SPRING #4 7:00 am Team Meet 7:10 am – 8:20 am Indy Film/ Meet 4:15 pm On the Field | 12 (Make-Up If Necessary) All Players- Physicals 7:00 am (Freshman- Lift @HFC) (Varsity- Lift 8 th Period) | 13 SPRING #5 7:00 am Team Meet 7:10 am – 8:20 am Indy Film/ Meet 4:15 pm On the Field | 14 (Make-Up If Necessary) All Players- 7:00 am (Dressed-School) (Freshman- Lift @HFC) (Varsity- Lift 8 th Period) | 15 |
| 16 | 17 SPRING #6 7:00 am Weights 7:30 am – 8:20 am Indy Film/ Meet 4:15 pm On the Field | 18 SPRING #7 7:00 am Team Meet 7:10 am – 8:20 am Indy Film/ Meet 4:15 pm On the Field | 19 (Make-Up If Necessary) All Players- 7:00 am (Dressed-School) (Freshman- Lift @HFC) (Varsity- Lift 8 th Period) | 20 SPRING #8 7:00 am Team Meet 7:10 am – 8:20 am Indy Film/ Meet 4:15 pm On the Field | 21 SPRING #9 7:50 am Study Hall 4:00 pm Team Meet 4:15 pm On the Field JV Intra-squad- 6:00 pm | 22 SPRING #10 Spring Jamboree Vs Fairhope 2:00 pm Buccaneer Stadium (*Itinerary to be Issued) |
| 23 | 24 7:00 am Team Workouts | 25 7:00 am Team Workouts | 26 7:00 am Team Workouts | 27 <u>GRADUATION</u> | 28 | 29 |
| 30 | 31 <u>MEMORIAL DAY</u> OFF | | | | | |

June 2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|---|--|----------|
|  | | 1 OFF | 2 OFF | 3 OFF | 4 OFF | 5 |
| 6 | 7 WORKOUT #1 5:30 am- Linemen <i>(Cond./Weights/ Skill)</i> 6:00 am - Skilled <i>(Cond./ Skill/ Weights)</i> 7:15 am – OTA's FCA (Black Mountain) | 8 WORKOUT #2 5:30 am- Linemen <i>(Cond./Weights)</i> 6:00 am - Skilled <i>(Cond./Weights)</i> 7:15 am – OTA's FCA (Black Mountain) | 9 MAKE-UP #1 6:00 am | 10 WORKOUT #3 5:30 am- Linemen <i>(Cond./Weights/ Skill)</i> 6:00 am - Skilled <i>(Cond./ Skill/ Weights)</i> 7:15 am – OTA's FCA (Black Mountain) | 11 WORKOUT #4 5:30 am- Linemen <i>(Pilates/Weights)</i> 6:00 am - Skilled <i>(Pilates/Weights)</i> FCA (Black Mountain) | 12 |
| 13 **Camp Week** <i>(15th – 19th)</i> | 14 WORKOUT #5 5:30 am- Linemen <i>(Cond./Weights/ Skill)</i> 6:00 am - Skilled <i>(Cond./ Skill/ Weights)</i> **No OTA's** | 15 WORKOUT #6 5:30 am- Linemen <i>(Cond./Weights)</i> 6:00 am - Skilled <i>(Cond./Weights)</i> **No OTA's** | 16 MAKE-UP #2 6:00 am | 17 WORKOUT #7 5:30 am- Linemen <i>(Cond./Weights/ Skill)</i> 6:00 am - Skilled <i>(Cond./Skill/ Weights)</i> **No OTA's** | 18 WORKOUT #8 5:30 am- Linemen <i>(Pilates/Weights)</i> 6:00 am - Skilled <i>(Pilates/Weights)</i> **No OTA's** | 19 |
| 20 | 21 WORKOUT #9 5:30 am- Linemen <i>(Cond./Weights/ Skill)</i> 6:00 am - Skilled <i>(Cond./ Skill/ Weights)</i> 7:15 am – OTA's Freshman Bucs Camp 9 am | 22 WORKOUT #10 5:30 am- Linemen <i>(Cond./Weights/ Skill)</i> 6:00 am - Skilled <i>(Cond./ Skill/ Weights)</i> 7:15 am – OTA's Freshman Bucs Camp 9 am | 23 MAKE-UP #3 6:00 am Freshman Bucs Camp 9 am | 24 WORKOUT #11 5:30 am- Linemen <i>(Cond./Weights/ Skill)</i> 6:00 am - Skilled <i>(Cond./ Skill/ Weights)</i> 7:15 am- OTA's **Possible Freshman 7 on 7 Date | 25 WORKOUT #12 5:30 am- Linemen <i>(Pilates/Weights)</i> 6:00 am - Skilled <i>(Skill/ Pilates/ Weights)</i> 7:15 am- OTA's | 26 |
| 27 | 28 OFF | 29 OFF | 30 OFF | | | |


July 2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|---|---|--------------------------------|
|  | | | | 1 OFF | 2 OFF | 3 |
| 4 | 5 WORKOUT #13 5:30 am- Linemen <i>(Cond./Weights/ Skill)</i> 6:00 am - Skilled <i>(Cond./ Skill/ Weights)</i> 7:15 am – OTA's | 6 WORKOUT #14 5:30 am- Linemen <i>(Cond./Weights/ Skill)</i> 6:00 am - Skilled <i>(Cond./ Skill/ Weights)</i> 7:15 am – OTA's | 7 MAKE-UP #4 6:00 am <u>Byrnes 7 on 7 Travel Squad</u> 6:00 am- (Field/ Weights) | 8 WORKOUT #15 5:30 am- All Players <i>(Cond./Weights)</i> <u>Byrnes 7 on 7 Travel Squad</u> 5:30 am-Depart for Byrnes <i>Itinerary to be given</i> JV- Samford Univ. 7 on 7 Hoover Lineman Challenge | 9 **No Workouts <u>Byrnes 7 on 7</u> <i>Itinerary to be given</i> | 10 <u>Byrnes 7 on 7</u> |
| 11 | 12 WORKOUT #16 5:30 am- Linemen <i>(Cond./Weights/ Skill)</i> 6:00 am - Skilled <i>(Cond./ Skill/ Weights)</i> 7:15 am – OTA's | 13 WORKOUT #17 5:30 am- Linemen <i>(Cond./Weights)</i> 6:00 am - Skilled <i>(Cond./ Skill/ Weights)</i> 7:15 am – OTA's | 14 MAKE-UP #5 6:00 am | 15 WORKOUT #18 5:30 am- Linemen <i>(Cond./Weights/ Skill)</i> 6:00 am - Skilled <i>(Cond./ Skill/ Weights)</i> 7:15 am – OTA's | 16 WORKOUT #19 5:30 am- Linemen <i>(Pilates/Cond./Weights)</i> 6:00 am - Skilled <i>(Pilates/Cond./Weights)</i> 7:15 am – OTA's | 17 |
| 18 | 19 WORKOUT #20 5:30 am- Linemen <i>(Cond./Weights/ Skill)</i> 6:00 am - Skilled <i>(Cond./ Skill/ Weights)</i> 7:15 am – OTA's Young BUC FB Camp | 20 WORKOUT #21 5:30 am- Linemen <i>(Cond./Weights/ Skill)</i> 6:00 am - Skilled <i>(Cond./ Skill/ Weights)</i> 7:15 am – OTA's Young BUC FB Camp **PARENT MEETING** 9 th /10 th - 6:00 PM HHS 11 th /12 th -6:30 PM HHS | 21 MAKE-UP #6 6:00 am Young BUC FB Camp | 22 WORKOUT #22 5:30 am- Linemen <i>(Cond./Weights/ Skill)</i> 6:00 am – Skilled <i>(Weights)</i> (JV- Cond./ Weights) NATIONAL 7 ON 7 | 23 WORKOUT #23 5:30 am- Linemen <i>(Pilates/Cond./Weights)</i> 6:00 am – JV Skilled <i>(JV- Pilates/Cond./ Wts)</i> Varsity Skilled- Make-ups NATIONAL 7 ON 7 | 24 NATIONAL 7 ON 7 |
| 25 | 26 OFF | 27 OFF | 28 OFF | 29 OFF | 30 OFF | 31 |


August 2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|--|---|--|
|  | | | | | | |
| 1 | 2 PRACTICE #1 & #2 **ITINERARY TO BE GIVEN | 3 PRACTICE #3 & #4 ** PICTURE DAY** TEAM/ INDY | 4 PRACTICE #5 Depart for EMCC (Itinerary to be given) PRACTICE #6 @ EMCC | 5 PRACTICE #7 & #8 | 6 PRACTICE #9 & #10 | 7 PRACTICE #11 & #12 *(Practice #12 will be a scrimmage) |
| 8 | 9 PRACTICE #13 & # 14 | 10 PRACTICE #15 & #16 **SENIOR DINNER** COACH NIBLETT'S Time: TBA | 11 1 st DAY OF SCHOOL PRACTICE #17 | 12 PRACTICE #18 | 13 PRACTICE #19 (Special Teams Scrimmage) | 14 |
| 15 *SQUAD SUNDAY* Church: TBA BUCS Day (@ the Galleria) | 16 PRACTICE #20 | 17 PRACTICE #21 | 18 FCA: 7:15 am PRACTICE #22 MEN OF WILL (Location: TBA) | 19 PRACTICE #23 | 20 FALL JAMBOREE TBA | 21 |
| 22 ST report @ 2:00 Team Meeting- 2:45 Team Weights- 3:00 Indy Film Study- 3:45 | 23 PRACTICE #25 (In-Season Schedule) | 24 PRACTICE #26 | 25 PRACTICE #27 MEN OF WILL (Location: TBA) | 26 FCA: 7:15 am PRACTICE #28 Position Dinners (Only Dress Squad) | 27 GAME #1 TBA Away (Itinerary to be given) | 28 |
| 29 ST report @ 2:00 Team Meeting- 2:45 Team Weights- 3:00 Indy Film Study- 3:45 | 30 **Labor Day** (School Closed) *Practice in the PM | 31 | | | | |

September 2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|---------|---|---|---|----------|
|  | | | 1 MEN OF WILL (Location: TBA) | 2 FCA- 7:15 AM <i>Position Dinners</i> <i>(Only Dress Squad)</i> | 3 GAME #2 SPAIN PARK Home <i>(Itinerary to be given)</i> | 4 |
| 5 <i>ST report @ 2:00</i> <i>Team Meeting- 2:45</i> Team Weights- 3:00 Indy Film Study- 3:45 | 6 | 7 | 8 MEN OF WILL (Location: TBA) | 9 FCA- 7:15 AM <i>Position Dinners</i> <i>(Only Dress Squad)</i> | 10 GAME #3 | 11 |
| 12 <i>ST report @ 2:00</i> <i>Team Meeting- 2:45</i> Team Weights- 3:00 Indy Film Study- 3:45 | 13 | 14 | 15 MEN OF WILL (Location: TBA) | 16 FCA- 7:15 AM <i>Position Dinners</i> <i>(Only Dress Squad)</i> | 17 GAME #4 THOMPSON Home <i>(Itinerary to be given)</i> | 18 |
| 19 <i>ST report @ 2:00</i> <i>Team Meeting- 2:45</i> Team Weights- 3:00 Indy Film Study- 3:45 | 20 | 21 | 22 MEN OF WILL (Location: TBA) | 23 FCA- 7:15 AM <i>Position Dinners</i> <i>(Only Dress Squad)</i> | 24 GAME #5 GADSDEN CITY Home <i>(Itinerary to be given)</i> | 25 |
| 26 <i>ST report @ 2:00</i> <i>Team Meeting- 2:45</i> Team Weights- 3:00 Indy Film Study- 3:45 | 27 | 28 | 29 MEN OF WILL (Location: TBA) | 30 FCA- 7:15 AM <i>Position Dinners</i> <i>(Only Dress Squad)</i> | | |

October 2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|---|---|---|---|----------|
|  | | | | | 1 GAME #6 PELHAM Home <i>(Itinerary to be given)</i> | 2 |
| 3 <i>ST report @ 2:00</i> <i>Team Meeting- 2:45</i> Team Weights- 3:00 Indy Film Study- 3:45 | 4 | 5 | 6 <i>FCA: 6:30 am</i> MEN OF WILL (Location: TBA) | 7 <i>Position Dinners</i> <i>(Only Dress Squad)</i> | 8 GAME #7 MOUNTAIN BROOK Away <i>(Itinerary to be given)</i> | 9 |
| 10 <i>ST report @ 2:00</i> <i>Team Meeting- 2:45</i> Team Weights- 3:00 Indy Film Study- 3:45 | 11 | 12 | 13 <i>FCA: 6:30 am</i> MEN OF WILL (Location: TBA) | 14 <i>Position Dinners</i> <i>(Only Dress Squad)</i> | 15 GAME #8 VESTAVIA HILLS Home <i>(Itinerary to be given)</i> | 16 |
| 17 <i>ST report @ 2:00</i> <i>Team Meeting- 2:45</i> Team Weights- 3:00 Indy Film Study- 3:45 | 18 | 19 | 20 <i>FCA: 6:30 am</i> MEN OF WILL (Location: TBA) | 21 <i>Position Dinners</i> <i>(Only Dress Squad)</i> | 22 GAME #9 PELHAM Away <i>(Itinerary to be given)</i> | 23 |
| 24 <i>ST report @ 2:00</i> <i>Team Meeting- 2:45</i> Team Weights- 3:00 Indy Film Study- 3:45 | 25 | 26 MEN OF WILL (Location: TBA) | 27 <i>FCA: 6:30 am</i> <i>Position Dinners</i> <i>(Only Dress Squad)</i> | 28 GAME #10 BOB JONES Away <i>(Itinerary to be given)</i> | 29 FILM STUDY Site: TBA Time: TBA | 30 |
| 31 <i>ST report @ 2:00</i> <i>Team Meeting- 2:45</i> Team Weights- 3:00 Indy Film Study- 3:45 | | | | | | |

November 2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|---|--|----------|
|  | 1 | 2 | 3 Team Meal Men of Will right after | 4 FCA- 7:15 AM <i>Position Dinners</i> <i>(Only Dress Squad)</i> | 5 1st ROUND STATE PLAYOFFS <i>Site: TBA</i> <i>(Itinerary to be given)</i> | 6 |
| 7 <i>ST report @ 2:00</i> <i>Team Meeting- 2:45</i> <i>Team Weights- 3:00</i> <i>Indy Film Study- 3:45</i> | 8 | 9 | 10 Team Meal Men of Will right after | 11 FCA- 7:15 AM <i>Position Dinners</i> <i>(Only Dress Squad)</i> | 12 2nd ROUND STATE PLAYOFFS <i>Site: TBA</i> <i>(Itinerary to be given)</i> | 13 |
| 14 <i>ST report @ 2:00</i> <i>Team Meeting- 2:45</i> <i>Team Weights- 3:00</i> <i>Indy Film Study- 3:45</i> | 15 | 16 **VETERAN'S DAY** <i>(No School)</i> <i>MEET: 8:00 am</i> <i>PRACTICE: 9:15 am</i> | 17 Team Meal Men of Will right after | 18 FCA- 7:15 AM <i>Position Dinners</i> <i>(Only Dress Squad)</i> | 19 QUARTERFINAL ROUND STATE PLAYOFFS <i>Site: TBA</i> <i>(Itinerary to be given)</i> | 20 |
| 21 <u>THANKSGIVING</u> <i>ST report @ 2:00</i> <i>Team Meeting- 2:45</i> <i>Team Weights- 3:00</i> <i>Indy Film Study- 3:45</i> | 22 MEET: 3:00 pm PRACTICE: 4:45 pm | 23 MEET: 3:15 pm PRACTICE: 4:30 pm | 24 MEET: 8:30 am PRACTICE: 10:00 AM Team Lunch Men of Will right after | 25 TEAM MEET: 7:30 AM PRACTICE: 7:45 AM | 26 SEMIFINAL ROUND STATE PLAYOFFS <i>Site: TBA</i> <i>(Itinerary to be given)</i> | 27 |
| 28 <i>ST report @ 2:00</i> <i>Team Meeting- 2:45</i> <i>Team Weights- 3:00</i> <i>Indy Film Study- 3:45</i> | 29 | 30 | | | | |

December 2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|------------------------|--|--|--|----------|
|  | | | 1 Team Meal Men of Will right after | 2 FCA- 7:15 AM DEPART FOR AUBURN SUPER SIX | 3 SUPER SIX 6A FINALS Site: Jordan-Hare Time: 7:00 pm (Itinerary to be given) | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 13 | 14 <i>EXAMS</i> | 15 <i>EXAMS</i> | 16 <i>EXAMS</i> | 17 <i>EXAMS</i> | 18 <i>EXAMS</i> <i>Last Day of School</i> | 19 |
| 20 | 21 CHRISTMAS BREAK BEGINS | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |