

June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 OFF	2 OFF	3 OFF	4 OFF	5
6 Abbreviation (HFC)- Hoover Freshman Campus	7 WORKOUT #1 9th QB's – 7:00 am High School – Drills/FW 8:00 am– All Players Weights @ HFC **Fresh. Baseball Campers- Weights with Coach Davis Following Camp	8 WORKOUT #2 9th QB's – 7:00 am High School – Drills/FW 8:00 am– All Players Weights @ HFC **Fresh. Baseball Campers- Weights with Coach Davis Following Camp	9 OFF	10 WORKOUT #3 8:00 am– All Players Weights @ HFC (Indy/ OTA's- After)	11 OFF	12
13 Abbreviation (HFC)- Hoover Freshman Campus	14 WORKOUT #4 9th QB's – 7:00 am HHS – Drills/FW 8:00 am– All Players Weights @ HFC **Freshman Baseball Campers- Weights with Coach Davis Following Camp	15 WORKOUT #5 9th QB's – 7:00 am HHS – Drills/FW 8:00 am– All Players Weights @ HFC **Freshman Baseball Campers- Weights with Coach Davis Following Camp	16 OFF	17 WORKOUT #6 8:00 am– All Players Weights @ HFC (Indy/ OTA's- After)	18 OFF	19
20 Abbreviation (HHS)- Hoover High School	21 WORKOUT #7 + FRESHMAN BUC CAMP 8:00 am – All Players Weights @ HHS BUC CAMP after weights	22 WORKOUT #8 + FRESHMAN BUC CAMP 8:00 am – All Players Weights @ HHS BUC CAMP after weights	23 WORKOUT #9 + FRESHMAN BUC CAMP 8:00 am – All Players Weights @ HHS BUC CAMP after weights	24 OFF Possible Freshman 7 on 7 @ Hoover High School	25 OFF	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 #10 8:00 am – All Players Weights @ HFC Indy/ OTA's after weights	6 WORKOUT #11 8:00 am – All Players Weights @ HFC Indy/ OTA's after weights	7 OFF	8 WORKOUT #12 8:00 am – All Players Weights @ HFC Indy/ OTA's after weights	9 OFF	10
11	12 WORKOUT #13 8:00 am – All Players Weights @ HFC Indy/ OTA's after weights	13 WORKOUT #14 5:00 pm – All Players Weights @ HFC Indy/ OTA's after weights	14 WORKOUT #15 5:00 pm – All Players Weights @ HFC Indy/ OTA's after weights	15 WORK OUT #16 5:00 pm – All Players Weights @ HFC Indy/ OTA's after weights	16 OFF	17
18	19 WORKOUT #17 8:00 am – Weights @ HFC	20 WORK OUT #18 8:00 am – Weights @ HFC Mandatory Parent Meeting 9 th /10 th - 6:00 pm (HHS) 11 th / 12 th - 6:30 pm (HHS)	21 WORKOUT #19 8:00 am – Weights @ HFC	22 WORKOUT #20 8:00 am – Weights @ HFC HOOVER NATIONAL 7 ON 7 TOURNAMENT	23 OFF HOOVER NATIONAL 7 ON 7 TOURNAMENT	24 HOOVER NATIONAL 7 ON 7 TOURNAMENT
25	26 OFF	27 OFF	28 OFF	29 NOTE:	30	31 Fall Practice Begins on August 4th

