



◀ December		January 2019					February ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1 Happy New year	2 No School	3 School Resumes 1st Day of Weights Testing Day Upper Body 3:15-4:45	4 Testing Day Lower Body 3:15-4:45	5	
6	7 Lifting 3:15-4:45	8 Lifting 3:15-4:45	9	10 Lifting 3:15-4:45	11 Lifting 3:15-4:45	12	
13	14 Lifting 3:15-4:45	15 Lifting 3:15-4:45	16	17 Lifting 3:15-4:45	18 Lifting 3:15-4:45	19	
20	21 No School MLK Day Lifting 3:15-4:45 (Optional)	22 Lifting 3:15-4:45	23	24 Lifting 3:15-4:45	25 Lifting 3:15-4:45	26	
27	28 Lifting 3:15-4:45	29 Lifting 3:15-4:45	30	31 Lifting 3:15-4:45			



Buccs Football Calendar

February 2019						
◀ January						March ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Lifting 3:15-4:30	2
3	4 Lifting 3:15-4:30	5 Lifting 3:15-4:30	6	7 Lifting 3:15-4:30 Coaches go to coaching clinic after	8 Coaching Clinic Columbus Lifting 3:15-4:30 Donnan Covering	9
10	11 Lifting 3:15-4:30	12 Lifting 3:15-4:30	13	14 Early dismissal P/T Conferences Lifting TBA	15 No School Voluntary Lift Time TBA	16
17	18 No School Voluntary lift Time TBA	19 Lifting 3:15-4:30 Testing Lower	20	21 Lifting 3:15-4:30 Testing Upper	22 Lifting 3:15-4:30	23
24	25 Lifting 3:15-4:30	26 Lifting 3:15-4:30	27	28 Lifting 3:15-4:30		

March 2019						
◀ February						April ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Lifting 3:15-4:30	2
3	4 Lifting 3:15-4:30	5 Lifting 3:15-4:30	6	7 Lifting 3:15-4:30	8 Lifting 3:15-4:30	9
10	11 Lifting 3:15-4:30	12 Lifting 3:15-4:30	13	14 Lifting 3:15-4:30	15 Lifting 3:15-4:30	16
17	18 Lifting 3:15-4:30	19 Lifting 3:15-4:30	20	21 Lifting 3:15-4:30	22 Lifting 3:15-4:30	23
24	25 Lifting 3:15-4:30	26 Lifting 3:15-4:30	27	28 Lifting 3:15-4:30	29 Lifting 3:15-4:30	30
31						

April 2019						
◀ March						May ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Lifting 3:15-4:30	2 Lifting 3:15-4:30	3	4 Lifting 3:15-4:30	5 Lifting 3:15-4:30	6
7	8 Lifting 3:15-4:30 Testing Upper Body	9 Lifting 3:15-4:30 Testing Lower Body	10	11 Lifting 3:15-4:30	12 Lifting 3:15-4:30	13
14	15 Lifting 3:15-4:30	16 Lifting 3:15-4:30	17	18 Spring Break No Lifting/Voluntary TBA	19 Spring Break No Lifting	20
21	22 Spring Break Voluntary Lift TBA	23 Lifting 3:15-4:30	24	25 Lifting 3:15-4:30	26 Lifting 3:15-4:30	27
28	29 Lifting 3:15-4:30	30 Lifting 3:15-4:30				

◀ April May 2019 June ▶						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Lifting 3:15-4:30	3 Lifting 3:15-4:30	4
5	6 Lifting 3:15-4:30	7 Lifting 3:15-4:30	8	9 Lifting 3:15-4:30	10 Lifting 3:15-4:30	11
12	13 Lifting 3:15-4:30	14 Lifting 3:15-4:30	15	16 Lifting 3:15-4:30	17 Lifting 3:15-4:30	18
19	20 Lifting 3:15-4:30	21 Lifting 3:15-4:30	22	23 Lifting 3:15-4:30	24 Last Day of School Early Release Lifting TBA	25
26	27 Memorial Day Voluntary Lift TBA	28 1 st Summer Lift 7-8:30 AM Testing Lower Body	29	30 Lifting 7-8:30 AM Testing Upper Body	31 Lifting 7-8:30 AM	



Buccs Football Calendar

June 2019						
◀ May						July ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Lift M/T/Th/F 7-8:30					1 Coach Cates on vacation until June 9
2	3 Voluntary Lifting 7-8:30 AM	4 Voluntary Lifting 7-8:30 AM	5	6 Voluntary Lifting 7-8:30 AM	7 Voluntary Lifting 7-8:30 AM	8
9	10 Lifting 7-8:30 AM	11 Lifting 7-8:30 AM	12	13 Lifting 7-8:30 AM	14 7 on 7/lineman challenge @ Bowling Green (Camp Day 1) 8 AM-12 PM Bus leaves 6 AM	15
16	17 Lifting 7-8:30 AM	18 Lifting 7-8:30 AM	19	20 Lift a Thon 530 PM	21 No Lifting leave for Indian Hills Retreat Camp Day (2) We will leave around lunch time 11/12	22 Indian Hills Retreat Camp Day (3)
23 Indian Hills Retreat (return around lunch 11/12) Camp Day (4)	24 OFF Recovery Day Stretch 10-1030 AM	25 Lifting 7-8 Upper body	26	27 Lifting 7-830 AM	28 Lifting 7-830 AM	29
30						



July 2019						
◀ June						August ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Lifting 7-8 AM HS Camp 4-7 (5)	2 No lifting HS Camp 4-7 (6)	3	4 NO FOOTBALL Holiday Independence Day	5 NO FOOTBALL Holiday	6
7	8 Lifting 7-8 AM Youth Camp 5-7 PM	9 Lifting 7-8:30 AM Youth Camp 5-7 PM	10 Youth Camp 5-7 PM	11 7 on 7 @ Xenia 5:30 PM (Xenia, Northridge, Us) (7) Bus leaves 4 PM	12 Recovery day 7-8:30 AM	13
14	15 Lifting 7-8 AM Upper Body HS Camp Day 4-7 PM (8)	16 HS Camp 4-7 (9) or 7 on 7	17 NO FOOTBALL	18 7 on 7 @ Sidney 6 PM (10) Bus leaves 5 PM	19 Lift 7-8- Equipment Pass out after until 9:30 AM (Seniors first)	20
21	22 Off Week NO FOOTBALL	23 Off Week NO FOOTBALL	24 Off Week NO FOOTBALL	25 Off Week NO FOOTBALL	26 Off Week NO FOOTBALL	27
28	29 Upper Body Lift 7-8:30 Conditioning	30 Lower Body Lift 7-8:30 AM	31 NO FOOTBALL			



August 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Two A Days Begin Helmets 8 AM-1:30	2 Two a Days Helmets 8 AM-1:30	3 Two a Days Helmets and Shoulder Pads 8 AM-1:30
4	5 Two a Days Helmets and Shoulder Pads 8 AM-1:30	6 Two a Days Full Pads No Contact 8 AM-11:00 AM Midnight Hit Practice 10:45-12:30	7 Matt Light Land 11 AM-4 PM (Team Bond/Recovery Day) Bus leaves 10 AM	8 Last Two a Day 8 AM-1 PM Shells	9 Scrimmage Prep Walk Through 4-6	10 Scrimmage @ Milton 10 AM Bus leaves 845 AM
11	12 Normal Practice 330-545	13 Practice 330-545	14 Practice 330-530	15 Practice 330-530	16 Scrimmage Prep Walk Through 4-6	17 Scrimmage vs. Eaton 10 AM
18	19 Teacher Work Day Practice 330-545	20 1 st Day of School Practice 330-545	21 Practice 330-530	22 Practice 330-5 Parent/Player Cookout 6 PM	23 Jamboree @ Anna 7 PM Bus leaves 5 PM	24 Film/Lift 8 AM-10 AM
25	26 Practice 330-545 Game Week!	27 Practice 330-545	28 Practice 330-530	29 Practice 330-5 Team Meal	30 Game 1 @ St. Henry 7:30 PM Bus leaves 515 PM	31 Film 8 AM JV Home vs. St. Henry 10 AM

September 2019						
◀ August						October ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 No School Labor Day Practice 330-545	3 Practice 330-545	4 Practice 330-530	5 Practice 330-5 Team Meal	6 Game 2 vs. Minster 7 PM	7 Film 8 AM JV @ Minster 10 AM
8	9 Practice 330-545	10 Practice 330-545	11 Practice 330-530	12 Practice 330-5 Team Meal	13 Game 3 vs. TVS 7 PM	14 Film 8 AM JV @ South 10 AM
15	16 Practice 330-545	17 Practice 330-545	18 Practice 330-530	19 Practice 330-5 Team Meal	20 Game 4 @ Ft. Loramie 7 PM Bus leaves 5 PM	21 Film 8 AM JV vs. Loramie 10 AM
22	23 Practice 330-545	24 Practice 330-545	25 Practice 330-530	26 Practice 330-5 Team Meal	27 Game 5 @ Ansonia 7 PM Bus leaves 5 PM	28 Film 8 AM JV ?
29	30 Practice 330-545					

◀ September		October 2019					November ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1 Practice 330-545	2 Practice 330-530	3 Practice 330-5 Team Meal	4 Game 6 vs. Miami East 7 PM	5 Film 8 AM JV @ East 10 AM	
6	7 Practice 330-545	8 Practice 330-545	9 Practice 330-530	10 Practice 330-5 Team Meal	11 Game 7 vs. National Trail 7 PM	12 Film 8 AM JV @ Trail 10 AM	
13	14 Practice 330-545	15 Practice 330-545	16 Practice 330-530	17 Practice 330-5 Team Meal	18 Game 8 @ Arcanum 7 PM	19 Film 8 AM JV 10 AM	
20	21 Practice 330-545	22 Practice 330-545	23 Practice 330-530	24 Practice 330-5 Team Meal	25 Game 9 vs. TCN Senior Night 7 PM	26 Film 8 AM JV @ North 10 AM	
27	28 Practice 330-545	29 Practice 330-545	30 Practice 330-530	31 Practice 330-5 Team Meal			

November 2019						
◀ October						December ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Game 10 @ Bethel 7 PM	2 Film 8 AM
3	4	5	6	7	8 Playoffs	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December 2019						
◀ November						January ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	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				