

# November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Hydration and body fat Time table Oct 30-Dec 7	3	4	5	6	7
8	9 Hydration and Certification at 3:00 pm Mrs Hess. Football players will be done later	10	11	12	13 Organizational meet- ing in wrestling room At 3:15 Turn all forms	14
15	16	17 Parents meeting in Anderson's room at 7:00 pm	18	19	20 Practice 3:00-6:00	21 Practice 10:00-12:00
22	23 Practice 7:00-9:00pm BC Practice 6:00-8:00 Team Ox Practice 7:00-8:30	24 3:15-3:45 Practice 8:00am- 11:00am BC Practice 6:00-8:00 Team Ox Practice	25 Practice 12 noon 3:00pm BC Practice 6:00-8:00 Team Ox Practice	26 Happy ThanksGiving	27 Practice 9:00-12:00 Scrimmage, Big Spring and Hempfield 3:15-3:45	28 Practice 8:00am to 11:00am
29	30 Practice 6:00-8:00Pm BC Practice 6:00-8:00 Team Ox Practice 7:00-8:30					

# December 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1</p> <p>Practice 3:00-6:00 BC Practice 6:00-800 Team Ox Practice 7:00-8:30</p>	<p>2</p> <p>Practice 3:00-6:00 BC Practice 6:00-800 Team Ox Practice 7:00-8:30</p>	<p>3</p> <p>Practice 3:00-6:00</p>	<p>4</p> <p>Practice 3:00-6:00</p>	<p>5</p> <p>Practice 8:00-10:30am Night at he Races set up at 4:30pm</p>
6	<p>7 last day for Certs</p> <p>Practice 3:00-6:00 BC Practice 6:00-800 Team Ox Practice 7:00-8:30</p>	<p>8</p> <p>Practice 3:00-6:00 BC Practice 6:00-800 Team Ox Practice 7:00-8:30</p>	<p>9</p> <p>Practice 3:00-6:00 BC Practice 6:00-800 Team Ox Practice 7:00-8:30</p>	<p>10</p> <p>Practice 3:00-6:00</p>	<p>11</p> <p>Leave for Philipsburg 11:00am</p>	<p>12</p> <p>Po Tournament 10:00am</p>
13	<p>14</p> <p>Practice 3:00-6:00BC Practice 6:00-800 Team Ox Practice 7:00-8:30</p>	<p>15</p> <p>Practice 3:00-6:00BC Practice 6:00-800 Team Ox Practice 7:00-8:30</p>	<p>16</p> <p>Practice 3:00-6:00BC Practice 6:00-800 Team Ox Practice 7:00-8:30</p>	<p>17</p> <p>Home Match with Dover. TBA</p>	<p>18</p> <p>Practice 3:00-6:00</p>	<p>19</p> <p>Practice 9:00-12:00</p>
20	<p>21</p> <p>Practice 3:00-6:00BC Practice 6:00-800 Team Ox Practice 7:00-8:30</p>	<p>22</p> <p>Away match with Southwestern TBA</p>	<p>23</p> <p>Practice 3:00-6:00 BC Practice 6:00-800 Team Ox Practice 7:00-8:30</p>	<p>24</p> <p>Practice 8:00am until 10:00am</p>	<p>25</p> <p>Merry Christmas</p>	<p>26</p> <p>Morning Practice 8:30-11:00 Afternoon Practice 1:00-3:00</p>
27	<p>28</p> <p>Evening Practice 6:00-8:00pm</p>	<p>29</p> <p>Conestoga Valley Tour</p>	<p>30</p> <p>Conestoga Valley Tour</p>	<p>31</p> <p>Happy New Year's</p>		

# January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 <i>Practice 9:00-11:30</i>
3	4 <i>Practice 3:00— 6:00 BC Practice 6-8:30</i>	5 <i>Practice 3:00-6:00pm BC Practice 6-8:30 Team Ox 7:00-8:30</i>	6 <i>Home Match aith Susquehannock</i>	7 <i>Away Match With Dallastown</i>	8 <i>Practice 3:00-6:00pm</i>	9 <i>Mechanicsburg Wild- cat Duals</i>
10	11 <i>Practice 3:00- 6:00pm BC Practice 6-8:30</i>	12 <i>Home Match Spring Grove</i>	13 <i>Practice 3-6:00pm BC Practice 6-8:30 Team Ox 7:00-8:30</i>	14 <i>Leave for Top Gun At 11:00 am</i>	15 <i>Top Gun Tour</i>	16 <i>Top Gun Tour</i>
17 <i>Return From Top Gun Tour</i>	18 <i>Practice 3:00- 6:00BC Practice 6- 8:30</i>	19 <i>Practice 3:00-6:00 BC Practice 6-8:30 Team Ox 7:00-8:30</i>	20 <i>Practice 3-6:00pm BC Practice 6-8:30 Team Ox 7:00-8:30</i>	21 <i>Away Match At Central York</i>	22 <i>Practice 3:00-6:00</i>	23 <i>Practice 8:00- 10:30am</i>
24	25 <i>Match Red lion Away</i>	26 <i>Practice 3:00-6:00 BC Practice 6-8:30 Team Ox 7:00-8:30</i>	27 <i>Practice 3:00-6:00 BC Practice 6-8:30 Team Ox 7:00-8:30</i>	28 <i>Away Match At West York</i>	29 <i>New Oxford Tour</i>	30 <i>New Oxford Tour</i>
31 <i>Beginning Champions Duals Tour need help all day</i>						

# February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
ALL JV'S PRACTICE THIS WEEK	1 Practice 3:00-6:00 BC Practice 6-8:30 Team Ox 7:00-8:30	2 District Team Tour Prelims or Practice 3:00-6:00pm BC Prac- tice 6-8:30 Team Ox	3 Practice 3:00-6:00 BC Practice 6-8:30 Team Ox 7:00-8:30	4 District Team Tour Quarter Finals Or Practice 3:00- 6:00pm	5 Practice 3:00-6:00	6 District team Semi finals and Finals JV Disrict 3 Tour Practice TBA
7 ALL JV'S PRACTICE THIS WEEK	8 Practice 3:00-6:0 0 BC Practice 6-8:30 BC Practice 6-8:30 Team Ox 7:00-8:30	9 Piaa Team State Quarter Finals or Practice 3:00-6:00pm Bc or Team Ox Pract	10 Practice 3:00-6:00 BC Practice 6-8:30 Team Ox 7:00-8:30	11 Practice 3:00-6:00	12 Piaa Team Chamoin- ships or Practice 3-00 6:00pm	13 Piaa Team Chamoin- ships or Practice TBA
14 ALL JV'S PRACTICE THIS WEEK	15 Practice 3:00-6:00 BC Practice 6-8:30 Team Ox 7:00-8:30	16 Practice 3:00-6:00 BC Practice 6-8:30 Team Ox 7:00-8:30	17 Practice 3:00-6:00 BC Practice 6-8:30 Team Ox 7:00-8:30	18 Practice 3:00-6:00 Sectional Seeding Meeting at SW. At 7:30 pm	19 Practice 3:00-6:00	20 Sectional Tour Starts at 9:00am
21 LAST WEEK OF PRACTICE FOR JV'S	22 Practice 3:00-6:00 BC Practice 6-8:30 Team Ox 7:00-8:30	23 Practice 3:00-6:00 BC Practice 6-8:30 Team Ox 7:00-8:30	24 Practice 3:00-6:00 BC Practice 6-8:30 Team Ox 7:00-8:30	25 Practice 3:00-6:00	26 Leave for Sc Region- als at 11:00am Sc Regionals Tour Starts at 4:00pm	27 Sc Regional Tour Starts 1:00pm
28						

# March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Practice 3:00-6:00pm BC Practice 6-8:30 Team Ox 7:00-8:30</i>	2 <i>Practice 3:00-6:00pBC Practice 6-8:30 Team Ox 7:00-8:30</i>	3 <i>Practice 3:00-6:00pmBC Practice 6-8:30 Team Ox 7:00-8:30</i>	4 <i>Practice 3:00-6:00pmBC Practice 6-8:30 Team Ox 7:00-8:30</i>	5 <i>Practice 3:00-6:00pm</i>	6 <i>Practice TBA</i>
7	8 <i>Practice 3:00-6:00pBC Practice 6-8:30 Team Ox 7:00-8:30</i>	9 <i>Practice 3:00-6:00pmBC Practice 6-8:30 Team Ox 7:00-8:30</i>	10 <i>Leave for states at 3:00pm Practice at the giant center from 5:00-8:00pm</i>	11 <i>Piaa AAA State Champoinships 4:00pm</i>	12 <i>Piaa AAASate Champoinshipsat 1:00pm</i>	13 <i>Piaa AAA State Championships at 8:00am</i>
14	15	16 <i>YIAA All-Star Match At 7:00pm site TBD</i>	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			