

APRIL 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
All workouts are on a volunteer basis, but it is highly recommended that all players show up as much as possible.		1 Off-Season Workouts (2:30-5:00)	2 Off-Season Workouts (2:30-5:00)	3 OFF	4/5
6 Off-Season Workouts (2:30-5:00) O-Line, QBs, & RBs 4:30-5:00PM	7 Off-Season Workouts (2:30-5:00)	8 Off-Season Workouts (2:30-5:00) Defensive Emphasis 4:15-5:00PM	9 OFF NO SCHOOL	10 OFF NO SCHOOL	11/12 OFF
13 OFF NO SCHOOL	14 Off-Season Workouts (2:30-5:00)	15 Off-Season Workouts (2:30-5:00) Defensive Emphasis 4:15-5:00PM Athletic Committee Meeting 6:30PM PV High School Library	16 Off-Season Workouts (2:30-5:00)	17 OFF	18/19 OFF
20 Off-Season Workouts (2:30-5:00) Football Work 4:15-5:00PM	21 QBs, Receivers, RBs (2:45-3:15)	22 Off-Season Workouts (2:30-5:00)	23 Off-Season Workouts (2:30-5:00)	24 OFF PROM	25/26 OFF
27 Off-Season Workouts (2:30-5:00) Football Work 4:15-5:00PM	28 QBs, Receivers, RBs (2:45-3:15)	29 Off-Season Workouts (2:30-5:00)	30 Off-Season Workouts (2:30-5:00)		

MAY 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
All workouts are on a volunteer basis, but it is highly recommended that all players show up as much as possible.				1 OFF	2/3 OFF
4 Off-Season Workouts (2:30-5:00) Football Work 4:15-5:00PM	5 QBs, Receivers, RBs (2:45-3:15)	6 Off-Season Workouts (2:30-5:00)	7 Off-Season Workouts (2:30-5:00)	8 OFF	9/10 OFF
11 Off-Season Workouts (2:45-5:00) Football Work 4:15-5:00PM	12 QBs, Receivers, RBs (2:45-3:15)	13 Off-Season Workouts (2:30-5:00) Equipment arrives at 3:00PM	14 Off-Season Workouts (2:30-5:00)	15 OFF	16/17 OFF
18 Off-Season Workouts (2:30-5:00) Football Work 4:15-5:00PM	19 Centers, QBs, RBs, TEs, Receivers Wednesday Lift 2:45-4:30PM Guards and Tackles OFF	20 Off-Season Workouts (2:30-5:00) Football Meeting in Room 121 at 2:45PM Athletic Committee Meeting 6:30PM in PV High School Library	21 Lifting Workouts for Guards, Tackles, X's, and Y's (2:30-4:30PM) Connolly Centers, QBs, Fs, Ts, and Z's (Reed, Young, Heist) Mini Camp Run Emphasis 3:00-5:30PM	22 OFF	23/24 OFF
25 OFF Memorial Day No Workouts	26 Post Spring Testing 2:45-5:00PM Helmets Issued if Paperwork is in	27 Centers, QBs, Fs, Ts, and Z's (Reed, Young, Heist) Mini Camp Pass Emphasis 3:00-5:45PM	28 Post Spring Testing 2:45-5:00PM Helmets Issued if Paperwork is in	29 OFF	30/31

JUNE 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
1 Off-Season Workouts (2:30-4:00) Montgomery County All-Star Game at Souderton High School at 7:00PM	2 Off-Season Workouts (2:30-5:00)	3 Mini Camp 3:00-6:00PM	4 Mini Camp 3:00-6:00PM	5 Orange vs White Day Intersquad 7 on 7 Battle of the Hogs 3:00-5:30PM	6/7 OFF
8 Off-Season Workouts (2:30-5:00)	9 Off-Season Workouts (2:30-5:00)	10 OFF DAY BEFORE FINAL EXAMS	11 OFF FINAL EXAMS PV Football Association Meeting in the High School Library at 7:00PM	12 OFF FINAL EXAMS	13/14 OFF
15 FINAL EXAMS <u>Workout Session</u> 4:00-5:30 Lifting Passing Scrimmage 6:30-8:00PM Passing Scrimmage (A) PV at The Hill School Leave PVHS at 5:45PM	16 Team Night 2:30-3:45 Lifting 3:45-5:00 Team Emphasis	17 OFF	18 <u>Workout Session</u> (5:30PM-7:45PM) 5:30-7:00 Lifting 7:00-7:30 Team Game	19 OFF	20/21 OFF
22 <u>Workout Session</u> (5:30PM-7:30PM) 5:30-6:45 Lifting 6:45-7:30 Conditioning/Skills	23 Team Night 5:30-6:45 Lifting 6:45-7:30 Team Emphasis	24 OFF	25 Passing Scrimmage 9:00AM-3:00PM 7 on 7 Jamboree at North Penn High School (Bring a lunch and plenty to drink) Leave PVHS at 8:15AM Lifting 3:30-5:00PM	26 OFF	27/28 OFF
29 <u>Workout Session</u> (5:30PM-7:30PM) 5:30-6:45 Lifting 6:45-7:30 Conditioning/Skills	30 Team Night 5:30-6:45 Lifting 6:45-7:30 Team Emphasis			All workouts are on a <u>volunteer</u> basis, but it is highly recommended that all players show up as much as possible.	

JULY 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
<p>All workouts are on a volunteer basis, but it is highly recommended that all players show up as much as possible.</p>		<p>1 <u>Passing Scrimmage</u> 6:00-8:00 Passing Scrimmage (A) PV at Daniel Boone 6:00PM</p> <p>Leave PVHS at 5:15PM</p>	<p>2 OFF</p> <p>July 4th Break</p>	<p>3 OFF</p> <p>July 4th Break</p>	<p>4/5 OFF</p>
<p>6</p> <p><u>Workout Session</u> (5:30PM-7:30PM) 5:30-6:45 Lifting 6:45-7:30 Conditioning/Skills</p>	<p>7</p> <p><u>Team Night</u> 5:30-6:45 Lifting 6:45-7:30 Team Emphasis</p>	<p>8 <u>Passing Scrimmage</u> 6:00-8:00 Passing Scrimmage (A) PV at Downingtown East 6:00PM</p> <p>Leave PVHS at 5:00PM. Will be at Downingtown Stadium at Downingtown West HS</p>	<p>9</p> <p><u>Workout Session</u> (5:30PM-7:45PM) 5:30-7:00 Lifting 7:00-7:30 Team Game</p> <p>PV Football Association Meeting in the High School Library at 7:00PM</p>	<p>10 OFF</p>	<p>11/12 OFF</p>
<p>13</p> <p><u>Workout Session</u> (5:30PM-7:30PM) 5:30-6:45 Lifting 6:45-7:30 Conditioning/Skills</p>	<p>14</p> <p><u>Team Night</u> 5:30-6:45 Lifting 6:45-7:30 Team Emphasis</p>	<p>15 <u>Passing Scrimmage</u> 6:00-8:00 Passing Scrimmage (H) PV vs Daniel Boone 6:00PM</p>	<p>16</p> <p><u>Workout Session</u> (5:30PM-7:45PM) 5:30-7:00 Lifting 7:00-7:30 Team Game</p>	<p>17 OFF</p>	<p>18/19 OFF</p>
<p>20</p> <p><u>Workout Session</u> (5:30PM-7:30PM) 5:30-6:45 Lifting 6:45-7:30 Conditioning/Skills</p>	<p>21</p> <p><u>Team Night</u> 5:30-6:45 Lifting 6:45-7:30 Team Emphasis</p> <p style="background-color: red; color: black; padding: 2px;">Equipment Issued 5:00</p>	<p>22 <u>Passing Scrimmage</u> 6:00-8:00 Passing Scrimmage (A) PV at Souderton 6:30PM</p> <p>Leave PVHS at 5:45PM</p>	<p>23</p> <p><u>Workout Session</u> (5:30PM-7:45PM) 5:30-7:00 Lifting 7:00-7:30 Team Game</p>	<p>24 OFF</p>	<p>25/26 OFF</p>
<p>27</p> <p><u>Workout Session</u> (5:30PM-7:30PM) 5:30-6:45 Lifting 7:00-7:30 Conditioning/Skills</p> <p style="background-color: yellow;">Summer Camp Plan Week</p>	<p>28</p> <p><u>Team Night</u> 5:30-6:45 Lifting 6:45-7:30 Team Emphasis</p> <p style="background-color: red; color: black; padding: 2px;">Equipment Issued 5:00</p> <p style="background-color: yellow;">Summer Camp Plan Week</p>	<p>29 OFF</p>	<p>30</p> <p><u>Workout Session</u> (5:30PM-7:45PM) 5:30-7:00 Lifting 7:00-7:30 Team Game</p> <p style="background-color: yellow;">Summer Camp Plan Week</p>	<p>31</p>	

AUGUST 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
		All workouts are on a volunteer basis, but it is highly recommended that all players show up as much as possible.			1/2 OFF
3 <u>Workout Session</u> (5:30PM-7:30PM) 5:30-6:45 Lifting 6:45-7:30 Skills and Drills	4 Team Night 5:30-6:45 Lifting 6:45-7:30 Team Conditioning	5 OFF	6 <u>Workout Session</u> (5:30PM-7:45PM) 5:30-7:00 Lifting 7:00-7:30 Team Game	7 OFF	8/9 OFF
10 <u>Workout Session</u> (5:30PM-7:30PM) 5:30-6:45 Lifting 6:45-7:30 Conditioning	11 <u>Workout Session</u> (5:30PM-7:30PM) 5:30-6:45 Lifting 6:45-7:30 Conditioning	12 <u>Workout Session</u> (5:30PM-7:30PM) 5:30-6:45 Lifting 6:45-7:30 Conditioning	13 OFF	14 OFF	15/16 OFF
17 Summer Camp at PVHS 7:00 AM-5:30 PM All Practices & Games are Mandatory From August 17 through the end of the season	18 Summer Camp at PVHS 8:00 AM-5:30 PM	19 Summer Camp at PVHS 8:00 AM-5:30 PM Gold Card Kick-off	20 Summer Camp at PVHS 8:00 AM-5:30 PM Gold Card Blitz Day at 5:30PM	21 Summer Camp at PVHS 8:00 AM-5:30 PM	22/23 Sun. OFF Scrimmage at Souderton Away (10:00AM)
24 Summer Camp at PVHS 8:00 AM-5:30 PM Picture Day 12:00PM	25 Summer Camp at PVHS 8:00 AM-5:30 PM	26 Summer Camp at PVHS 8:00 AM-5:30 PM Parent Meeting at 5:45 PM	27 Summer Camp at PVHS 8:00 AM-5:30 PM Gold Card Blitz Day at 5:30PM	28 JV/Varsity Practice 8:30AM-11:30PM Scrimmage vs Exeter Home 6:00PM	29/30 OFF For Saturday & Sunday
31 JV/ Varsity Practice 3:00-6:00: JV/Varsity Practice					

SEPTEMBER 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
	1 <u>JV/ Varsity Practice</u> 3:00-6:00: JV/Varsity Practice	2 <u>JV/ Varsity Practice</u> 2:35-3:20: Extra Help/Study Hall 3:30-6:00: JV/Varsity Practice	3 <u>JV/Varsity Practice</u> 3:00-5:15 JV/Varsity Practice	4 NO SCHOOL Varsity Practice 9:00-10:30AM Varsity (H) vs Upper Dublin 7:00PM	5/6 Sun. OFF Saturday is TBA
7 NO SCHOOL <u>Varsity Practice</u> 9:00-11:00AM	8 <u>JV/ Varsity Practice</u> 2:35-3:20: Extra Help or Study Hall 3:30-6:00: JV/Varsity Practice	9 <u>JV/ Varsity Practice</u> 2:35-3:20: Extra Help or Study Hall 3:30-6:00: Practice	10 <u>JV/Varsity Practice</u> 3:00-5:15 JV/Varsity Practice	11 Varsity (H) vs Coatesville 7:00PM	12/13 Sun. OFF Sat. 9:00AM-11:30AM <u>Varsity</u> : Weight Room and Films
14 JV (A) at CT 3:30 PM <u>Varsity Practice</u> 2:30-3:30: Lifting 3:30-5:00: Film 5:00-5:45: Run and Game Plan	15 <u>JV/ Varsity Practice</u> 2:35-3:20: Extra Help or Study Hall 3:30-6:00: JV/Varsity Practice	16 <u>JV/ Varsity Practice</u> 2:35-3:20: Extra Help or Study Hall 3:30-6:00: Practice	17 <u>JV/Varsity Practice</u> 3:00-5:15 JV/Varsity Practice	18 Varsity (A) at Upper Perk 7:00PM	19/20 Sun. OFF Sat. 9:00AM-11:30AM <u>Varsity</u> : Weight Room and Films
21 JV (H) vs UP 3:45 PM <u>Varsity Practice</u> 2:30-3:30: Lifting 3:30-5:00: Film 5:00-5:45: Run and Game Plan	22 <u>JV/ Varsity Practice</u> 2:35-3:20: Extra Help or Study Hall 3:30-6:00: JV/Varsity Practice	23 <u>JV/ Varsity Practice</u> 2:35-3:20: Extra Help or Study Hall 3:30-6:00: Practice	24 <u>JV/Varsity Practice</u> 3:00-5:15 JV/Varsity Practice	25 Varsity (H) vs Pottsgrove 7:00PM	26/27 Sun. OFF Sat. 9:00AM-11:30AM <u>Varsity</u> : Weight Room and Films
28 JV (A) at PG 3:45 PM NO SCHOOL <u>Varsity Practice</u> 8:30-10:30AM	29 <u>JV/ Varsity Practice</u> 2:35-3:20: Extra Help or Study Hall 3:30-6:00: JV/Varsity Practice	30 <u>JV/ Varsity Practice</u> 2:35-3:20: Extra Help or Study Hall 3:30-6:00: Practice			

NOVEMBER 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
2 JV (A) at SF 3:45PM Could change to 6:00PM <u>Varsity Practice</u> 2:30-3:30: Lifting 3:30-5:00: Film 5:00-5:45: Run and Game Plan	3 <u>JV/ Varsity Practice</u> 3:00-5:15 JV/Varsity Practice	4 <u>JV/ Varsity Practice</u> 3:00-5:15 JV/Varsity Practice	5 <u>JV/Varsity Practice</u> 3:00-5:15 JV/Varsity Practice	6 Varsity (A) vs Owen J. Roberts 7:00PM	7/8 Sat. 9:00AM-11:30AM <u>Varsity</u> : Weight Room and Films
9 JV (H) at OJR 6:00PM <u>Varsity Practice</u> 2:30-3:30: Lifting 3:30-5:00: Film 5:00-5:45: Run and Game Plan	10 <u>JV/ Varsity Practice</u> 3:00-5:15 JV/Varsity Practice	11 <u>JV/ Varsity Practice</u> 3:00-5:15 JV/Varsity Practice	12 <u>JV/Varsity Practice</u> 3:00-5:15 JV/Varsity Practice	13 Varsity (H) at Methacton 7:00PM Senior Night	14/15 OFF
16 OFF Post-Season Play will result in extension of the calendar schedule. All events and dates on the calendar are subject to change	17 OFF	18 OFF	19 OFF PV Football Association Meeting in the High School Library at 7:00PM	20 OFF	21/22 OFF
23 OFF	24 OFF	25 OFF	26 OFF	27 OFF	27/28 OFF
29 OFF	30 OFF				

