

# BEAVERCREEK FRESHMAN FOOTBALL

## JUNE 2008



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7 Sport Physicals @ BHS 9AM - Noon \$10
8	9 Lift/Condition 8 - 11AM Practice 11:30 AM – 1 PM	10 Lift/Condition 8 - 11AM Practice 11:30 AM – 1 PM	11 OFF	12 Lift/Condition 8 - 11AM Practice 11:30 AM – 1 PM	13 OFF	14 OFF
15 OFF	16 Lift/Condition 8 - 11 AM Practice 11:30 AM – 1 PM	17 Lift/Condition 7 - 9 AM Charleston Clinic 9 AM – 4PM	18 Charleston Clinic 9 AM – 4PM	19 Lift/Condition 8 - 11AM Practice 11:30 AM – 1 PM	20 OFF	21 OFF
22 OFF	23 Lift/Condition 8 - 11 AM Practice 11:30 AM – 1 PM	24 Lift/Condition 8 - 11 AM Practice 11:30 AM – 1 PM	25 OFF	26 Lift/Condition 8 - 11 AM Practice 11:30 AM – 1 PM	27 OFF	28 OFF
29 OFF	30 Lift/Condition 8 - 11 AM Practice 11:30 AM – 1 PM					

**Chris Holtz 937-266-3264**  
**Chris.holtz@beavercreek.k12.oh.us**

# BEAVERCREEK FRESHMAN FOOTBALL

## JULY 2008



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>Lift/Condition</b> 8 - 11 AM <b>Practice</b> 11:30 AM – 1 PM	2  OFF	3 <b>Lift/Condition</b> 8 - 11 AM <b>Practice</b> 11:30 AM – 1 PM	4  OFF	5  OFF
6  OFF	7 <b>Lift/Condition</b> 8 - 11 AM <b>Practice</b> 11:30 AM – 1 PM	8 <b>Lift/Condition</b> 8 - 11 AM <b>Practice</b> 11:30 AM – 1 PM	9  OFF	10 <b>Lift/Condition</b> 8 - 11 AM <b>Practice</b> 11:30 AM – 1 PM	11  OFF	12  OFF
13  OFF	14 <b>Lift/Condition</b> 12 – 3 PM	15 <b>Lift/Condition</b> 12 – 3 PM	16  OFF	17 <b>Lift/Condition</b> 12 – 3 PM	18  OFF	19  OFF
20  OFF	21 <b>CAMP</b> 7 AM – 12 PM	22 <b>CAMP</b> 7 AM – 12 PM	23 <b>CAMP</b> 7 AM – 12 PM <b>UC 7 on 7</b> <b>Competition</b>	24 <b>CAMP</b> 7 AM – 12 PM	25 <b>CAMP</b> 7 AM – 12 PM	26 <b>Miami 7 on 7</b> <b>Tournament</b> 7AM – 6PM
27  OFF	28  OFF	29  OFF	30  OFF	31 <b>TWO-A-DAYS</b> <b>BEGIN</b> 6AM – NOON <b>Helmet Only</b>		

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# BEAVERCREEK FRESHMAN FOOTBALL

## AUGUST 2008



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Practice 6AM - NOON Helmets Only	Practice 8 AM – NOON Helmets Only
3	4	5	6	7	8	9
OFF	Practice 6AM - NOON Helmet/Shoulder Pads	Practice 6AM - NOON Helmet/Shoulder Pads	Practice 6AM - NOON Hitting Day Full Equipment	Practice 6AM - NOON	Practice 6AM - NOON	Scrimmage @ MIAMISBURG 10 AM
10	11	12	13	14	15	16
OFF	Practice 6AM - NOON	Practice 6AM - NOON	Practice 6AM - NOON	Practice 6AM - NOON	Practice 6AM - NOON	Scrimmage TBA
17	18	19	20	21	22	23
OFF	Practice 8AM - NOON	Practice 8AM - NOON	Practice 3 – 5 PM Carb Dinner 6PM Church of the Nazerene	STEBBINS 5:30 PM	Freshman Orientation 8 AM – 1 PM Practice 2 – 5 PM	OFF
24	25	26	27	28	29	30
OFF	Practice 3:30 – 6:30 PM	Practice 3:30 – 6:30 PM 1 <sup>st</sup> day of school	Practice 3:30 – 6:15 PM	Practice 3:30 – 6:15 PM	Practice 3:30 – 5:15 PM Helmet Only	
31						31

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# BEAVERCREEK FRESHMAN FOOTBALL

## SEPTEMBER 2008



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	<b>LABOR DAY</b> Practice 8 - 11 AM	Practice 3:30 – 6:30 PM	Practice 3:30 – 6:15 PM	Practice 3:30 – 6:15 PM	Practice 3:30 – 5:15 PM Helmet Only	<b>@SIDNEY</b> 12 PM
7	8	9	10	11	12	13
OFF	Practice 3:30 – 6:30 PM	Practice 3:30 – 6:30 PM	Practice 3:30 – 6:15 PM	Practice 3:30 – 6:15 PM	Practice 3:30 – 5:15 PM Helmet Only	<b>FAIRBORN</b> 12 PM
14	15	16	17	18	19	20
OFF	Practice 3:30 – 6:30 PM	Practice 3:30 – 6:30 PM	Practice 3:30 – 6:15 PM	<b>@XENIA</b> 5:30 PM	Practice 3:30 – 5:15 PM Lift/Film	Practice 9 – 11 AM Helmet Only
21	22	23	24	25	26	27
OFF	Practice 3:30 – 6:30 PM	Practice 3:30 – 6:30 PM	Practice 3:30 – 6:15 PM	<b>FAIRMONT</b> 5:30 PM	Practice 3:30 – 5:15 PM Lift/Film	Practice 9 – 11 AM Helmet Only
28	29	30				
OFF	Practice 3:30 – 6:30 PM	Practice 3:30 – 6:30 PM				

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# BEAVERCREEK FRESHMAN FOOTBALL OCTOBER 2008



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <b>Practice</b> 3:30 – 6:15 PM	2 <b>Practice</b> 3:30 – 6:15 PM	3 <b>Practice</b> 3:30 – 5:15 PM Helmet Only	4 <b>@CENTERVILLE</b> 12 PM
5  OFF	6 <b>Practice</b> 3:30 – 6:30 PM	7 <b>Practice</b> 3:30 – 6:30 PM	8 <b>Practice</b> 3:30 – 6:15 PM	9 <b>WAYNE</b> 5:30 PM	10 <b>Practice</b> 3:30 – 5:15 PM Lift/Film	11 <b>Practice</b> 9 – 11 AM Helmet Only
12  OFF	13 <b>Practice</b> 3:30 – 6:30 PM	14 <b>Practice</b> 3:30 – 6:30 PM	15 <b>Practice</b> 3:30 – 6:15 PM	16 <b>Practice</b> 3:30 – 6:15 PM	17 <b>Practice</b> 3:30 – 5:15 PM Helmet Only	18 <b>@SPRINGFIELD</b> 12 PM (@ Evans Stadium)
19  OFF	20 <b>Practice</b> 3:30 – 6:30 PM	21 <b>Practice</b> 3:30 – 6:30 PM	22 <b>Practice</b> 3:30 – 6:15 PM	23 <b>NORTHMONT</b> 5:30 PM	24  TBA	25  EQUIPMENT TURN IN
26	27	28	29	30	31	

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