

~ April 2011 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Spring Speed & Strength 2:15-4:00pm	2
3	4 Spring Speed & Strength 2:15-4:00pm *FB Player Max Day <i>(For those not in a Spring Sport)</i>	5 Spring Speed & Strength 2:15-4:00pm	6 Spring Speed & Strength 2:15-4:00pm	7 Spring Speed & Strength 2:15-4:00pm	8 Spring Speed & Strength 2:15-4:00pm	9
10	11 Spring Speed & Strength 2:15-4:00pm	12 Spring Speed & Strength 2:15-4:00pm	13 Spring Speed & Strength 2:15-4:00pm	14 Spring Speed & Strength 2:15-4:00pm	15 Spring Speed & Strength 2:15-4:00pm	16
17	18 Spring Speed & Strength 2:15-4:00pm	19 Spring Speed & Strength 2:15-4:00pm	20 Spring Speed & Strength 2:15-4:00pm	21 No School Spring Break	22 No School Spring Break	23
24	25 No School Spring Break	26 Spring Speed & Strength 2:15-4:00pm	27 Spring Speed & Strength 2:15-4:00pm *RHS Football Kick-off Meeting - 7:00pm	28 Spring Speed & Strength 2:15-4:00pm	29 Spring Speed & Strength 2:15-4:00pm	30

~ May 2011 ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Spring Speed & Strength 2:15-4:00pm *FB Player Max Day <i>(For those not in a Spring Sport)</i>	3 Spring Speed & Strength 2:15-4:00pm	4 Spring Speed & Strength 2:15-4:00pm	5 Spring Speed & Strength 2:15-4:00pm	6 Spring Speed & Strength 2:15-4:00pm	7
8	9 Spring Speed & Strength 2:15-4:00pm	10 Spring Speed & Strength 2:15-4:00pm	11 Spring Speed & Strength 2:15-4:00pm	12 Spring Speed & Strength 2:15-4:00pm	13 Spring Speed & Strength 2:15-4:00pm	14
15	16 Spring Speed & Strength 2:15-4:00pm	17 Spring Speed & Strength 2:15-4:00pm	18 Spring Speed & Strength 2:15-4:00pm	19 Spring Speed & Strength 2:15-4:00pm	20 Spring Speed & Strength 2:15-4:00pm	21
22	23 Spring Speed & Strength 2:15-4:00pm	24 Spring Speed & Strength 2:15-4:00pm	25 Spring Speed & Strength 2:15-4:00pm	26 Spring Speed & Strength 2:15-4:00pm	27 No School	28
29	30 No School Memorial Day	31	Notes:			



JUNE 2011



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
			1	2	3	4																																																																																											
5	6	7 Last Day of School for Students	8 Teacher Workshop Day	9	10	11																																																																																											
12	13 Football S&S 8 - 10:30 am non FB S&S 8 - 10 am Intro S&S 10:30 - Noon 7 vs 7 Passing League	14 Football S&S 8 - 10:30 am non FB S&S 8 - 10 am Intro S&S 10:30 - Noon	15 Football S&S 8 - 10:30 am non FB S&S 8 - 10 am Intro S&S 10:30 - Noon	16 Football S&S 8 - 10:30 am non FB S&S 8 - 10 am Intro S&S 10:30 - Noon	17	18																																																																																											
19 Father's Day	20 Football S&S 8 - 10:30 am non FB S&S 8 - 10 am Intro S&S 10:30 - Noon 7 vs 7 Passing League	21 Football S&S 8 - 10:30 am non FB S&S 8 - 10 am Intro S&S 10:30 - Noon	22 Football S&S 8 - 10:30 am non FB S&S 8 - 10 am Intro S&S 10:30 - Noon	23 Football S&S 8 - 10:30 am non FB S&S 8 - 10 am Intro S&S 10:30 - Noon	24	25 MN High School All-Star Football Game U of M - TCF Bank Stadium																																																																																											
26	27 Football S&S 8 - 10:30 am non FB S&S 8 - 10 am Intro S&S 10:30 - Noon 7 vs 7 Passing League	28 Football S&S 8 - 10:30 am non FB S&S 8 - 10 am Intro S&S 10:30 - Noon	29 Football S&S 8 - 10:30 am non FB S&S 8 - 10 am Intro S&S 10:30 - Noon	30 Football S&S 8 - 10:30 am non FB S&S 8 - 10 am Intro S&S 10:30 - Noon																																																																																													
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JULY 2011



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
					1	2																																																																																				
3	4 Independence Day MSHSL Blackout No Activities	5 MSHSL Blackout No Activities	6 MSHSL Blackout No Activities	7 MSHSL Blackout No Activities	8 MSHSL Blackout No Activities	9																																																																																				
10	11 Football S&S 8 - 10:30 am non FB S&S 8 - 10 am Intro S&S 10:30 - Noon 7 vs 7 Passing League	12 Football S&S 8 - 10:30 am non FB S&S 8 - 10 am Intro S&S 10:30 - Noon	13 Football S&S 8 - 10:30 am non FB S&S 8 - 10 am Intro S&S 10:30 - Noon <i>Winona State FB Camp</i> <i>*Leave around Noon</i>	14 Football S&S 8 - 10:30 am non FB S&S 8 - 10 am Intro S&S 10:30 - Noon <i>Winona State FB Camp</i>	15 <i>Winona State FB Camp</i>	16 <i>Winona State FB Camp</i> <i>*Camp in the AM,</i> <i>Home in the afternoon.</i>																																																																																				
17	18 Football S&S 8 - 10:30 am non FB S&S 8 - 10 am Intro S&S 10:30 - Noon 7 vs 7 Passing League	19 Football S&S 8 - 10:30 am non FB S&S 8 - 10 am Intro S&S 10:30 - Noon	20 Football S&S 8 - 10:30 am non FB S&S 8 - 10 am Intro S&S 10:30 - Noon	21 Football S&S 8 - 10:30 am non FB S&S 8 - 10 am Intro S&S 10:30 - Noon	22	23																																																																																				
24	25 Football S&S 8 - 10:30 am non FB S&S 8 - 10 am 7 vs 7 Passing League FB Team camp 9 - 11:30am	26 Football S&S 8 - 10:30 am non FB S&S 8 - 10 am FB Team camp 9 - 11:30am	27 Football S&S 8 - 10:30 am non FB S&S 8 - 10 am FB Team camp 9 - 11:30am	28 Football S&S 8 - 10:30 am non FB S&S 8 - 10 am FB Team camp 9 - 11:30am	29	30																																																																																				
31		June 2011 <table border="1"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>Th</th> <th>F</th> <th>Sa</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> </tr> <tr> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> </tr> <tr> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> </tr> <tr> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> </tr> <tr> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> <td></td> <td></td> </tr> </tbody> </table>		S	M	T	W	Th	F	Sa				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			August 2011 <table border="1"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>Th</th> <th>F</th> <th>Sa</th> </tr> </thead> <tbody> <tr> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> </tr> <tr> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> <td>13</td> </tr> <tr> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> <td>19</td> <td>20</td> </tr> <tr> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> <td>26</td> <td>27</td> </tr> <tr> <td>28</td> <td>29</td> <td>30</td> <td>31</td> <td></td> <td></td> <td></td> </tr> </tbody> </table>		S	M	T	W	Th	F	Sa		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				Notes: Winona Camp is for grades 10 -12 Rogers FB Team Camp is for grades 9 -12
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AUGUST 2011



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																		
	1 Football S&S 8 - 10:30 am non FB S&S 8 - 10 am Youth FB Camp 4-6pm 7th/8th Evaluations 6-8pm	2 Football S&S 8 - 10:30 am non FB S&S 8 - 10 am Youth FB Camp 4-6pm 7th/8th Evaluations 6-8pm	3 TOP 25 TESTING Football S&S 8 - 10:30 am non FB S&S 8 - 10 am Youth FB Camp 4-6pm 7th/8th Evaluations 6-8pm	4 TOP 25 TESTING Football S&S 8 - 10:30 am non FB S&S 8 - 10 am Youth Camp 4-6pm <i>FB Registration Mtng 7pm</i>	5	6																																																																																																		
7	8	9	10	11	12	13																																																																																																		
14	15 Football Begins: Practice 10-12th 8:00am-3:45pm Practice 9th Grade 9:00am-3:00pm	16 Practice 10-12th 8:00am-3:45pm Practice 9th Grade 9:00am-3:00pm	17 <i>Royals Rewards</i> Card Blitz 3-8pm Practice 10-12th 8:00am-2:35pm Practice 9th Grade 9:00am-3:00pm	18 Practice 10-12th 8:00am-3:45pm Practice 9th Grade 9:00am-3:00pm	19 Practice 10-12th 8:00am-3:45pm Practice 9th Grade 9:00am-3:00pm	20																																																																																																		
21	22 Practice 10-12th 8:00am-3:45pm Practice 9th Grade 9:00am-3:00pm	23 Practice 10-12th 8:00am-3:45pm Practice 9th Grade 9:00am-3:00pm	24 Scrimmage Day: 6pm on RHS Game Field Practice 10-12th 8:00am-1:00pm Practice 9th Grade 9:00am-Noon	25 Team Pictures: 9am (9-12 Grades) Practice 10-12th 10:30am-3:45pm Practice 9th Grade 10:30am-3:00pm	26 Practice 10-12th 8:00am-3:45pm Practice 9th Grade 9:00am-3:00pm	27 Mahtomedi Scrimmage																																																																																																		
28	29 Teacher Workshop FB Practice 2:30-5:30	30 Teacher Workshop FB Practice 2:30-5:30	31 Teacher Workshop FB Practice 2:30-5:30																																																																																																					
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