




April 2010

Saint Joseph Football Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<i>1</i> Varsity Run/Plyo's 2:15	<i>2</i>  Good Friday	<i>3</i>
					Spring Break-No School	
<i>4</i>  Easter Sunday	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>
Spring Break-No School						
<i>11</i>	<i>12</i> Frosh Lift 3:20 Varsity Lift 2:15	<i>13</i> 2010 Frosh Football Parents/Playes Meeting SJHS Field Hse 7:00pm Varsity Run/Plyo's 2:15	<i>14</i> Frosh Lift 3:20 Varsity Lift 2:15	<i>15</i> Varsity Run/Plyo's 2:15	<i>16</i> Frosh Lift 3:20 Varsity Lift 2:15	<i>17</i>
<i>18</i>	<i>19</i> Frosh Lift 3:20 Varsity Lift 2:15	<i>20</i> Varsity Run/Plyo's 2:15	<i>21</i> Frosh Lift 3:20 Varsity Lift 2:15	<i>22</i> No School	<i>23</i> Frosh Lift 3:20 Varsity Lift 2:15	<i>24</i> Pater True Value Bucket Sale
<i>25</i>	<i>26</i> Frosh Lift 3:20 <div style="border: 1px solid black; padding: 2px; text-align: center; margin-top: 5px;">Lift-A-Thon</div>	<i>27</i> Varsity Run/Plyo's 2:15	<i>28</i> Frosh Lift 3:20 <div style="border: 1px solid black; padding: 2px; text-align: center; margin-top: 5px;">Lift-A-Thon</div>	<i>29</i> Varsity Run/Plyo's 2:15	<i>30</i> Frosh Lift 3:20 <div style="border: 1px solid black; padding: 2px; text-align: center; margin-top: 5px;">Lift-A-Thon</div>	

May 2010

Saint Joseph Football Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<i>1</i> Blossom Time Parade
<i>2</i>	<i>3</i> Frosh Lift 3:20 <div style="border: 1px solid black; padding: 2px; display: inline-block;">Football Raffle Drawing</div>	<i>4</i>	<i>5</i> Frosh Lift 3:20	<i>6</i>	<i>7</i> Frosh Lift 3:20	<i>8</i>
Varsity FB Training 2:15						
<i>9</i>	<i>10</i> Frosh Lift 3:20	<i>11</i>	<i>12</i> Frosh Lift 3:20	<i>13</i>	<i>14</i> Frosh Lift 3:20	<i>15</i> Staff Coach's Clinic 8:00am SJHS Defense
Varsity FB Training 2:15						
<i>16</i>	<i>17</i> Frosh Lift 3:20 Varsity Lift 2:15	<i>18</i> Varsity Run/Plyo's 2:15	<i>19</i> Frosh Lift 3:20 Varsity Lift 2:15	<i>20</i> Varsity Run/Plyo's 2:15	<i>21</i> Frosh Lift 3:20 Varsity Lift 2:15	<i>22</i> Staff Coach's Clinic 8:00am SJHS Offense
<i>23</i>	<i>24</i> Frosh Lift 3:20 Varsity Lift 2:15	<i>25</i> Varsity Run/Plyo's 2:15	<i>26</i> Frosh Lift 3:20 Varsity Lift 2:15	<i>27</i> Varsity Run/Plyo's 2:15	<i>28</i> Frosh Lift 3:20 Varsity Lift 2:15	<i>29</i>
<i>30</i>	<i>31</i>  Memorial Day No School					

June 2010

Saint Joseph Football Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<i>1</i> Varsity Run/Plyo's 2:15	<i>2</i> Sports Physicals SJHS 6:00pm	<i>3</i>	<i>4</i>	<i>5</i>
Exams Lifting Times TBA						
<i>6</i>  Graduation	<i>7</i> 7:30-9:30am or 5:30-7:30pm Weight Lifting & Conditioning Frosh 4:30-6:30	<i>8</i>	<i>9</i> 7:30-9:30am or 5:30-7:30pm Weight Lifting & Conditioning Frosh 4:30-6:30	<i>10</i>	<i>11</i> 7:30-9:30am Weight Lifting & Conditioning Boosters Golf Outing	<i>12</i>
<i>13</i>	<i>14</i> 7:30-9:30am or 5:30-7:30pm Weight Lifting & Conditioning	<i>15</i>	<i>16</i> 7:30-9:30am or 5:30-7:30pm Weight Lifting & Conditioning	<i>17</i>	<i>18</i> 7:30-9:30am or 5:30-7:30pm Weight Lifting & Conditioning	<i>19</i>
<i>20</i>	<i>21</i> 7:30-9:30am or 5:30-7:30pm Weight Lifting & Conditioning	<i>22</i>	<i>23</i> 7:30-9:30am or 5:30-7:30pm Weight Lifting & Conditioning	<i>24</i>	<i>25</i> 7:30-9:30am or 5:30-7:30pm Weight Lifting & Conditioning	<i>26</i>
<i>27</i>	<i>28</i>	<i>29</i>	<i>30</i>	No Weight Lifting or Conditioning (Per MHSAA Rules)		

July 2010

Saint Joseph Football Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				No Wgt Lifting or Conditioning (Per MHS...)		
4  Independence Day	5 7:30-9:30am or 5:30-7:30pm Weight Lifting & Conditioning	6	7 7:30-9:30am or 5:30-7:30pm Weight Lifting & Conditioning	8	9 7:30-9:30am or 5:30-7:30pm Weight Lifting & Conditioning	10
11	12 7:30-9:30am or 5:30-7:30pm Weight Lifting & Conditioning	13 7 vs 7 Varsity@ Lakeshore JV(Frosh) @ Upton	14 7:30-9:30am or 5:30-7:30pm Weight Lifting & Conditioning	15 7 vs 7 Varsity@ Lakeshore JV(Frosh) @ Upton	16 7:30-9:30am or 5:30-7:30pm Weight Lifting & Conditioning	17
18	19 7:30-9:30am or 5:30-7:30pm Weight Lifting & Conditioning	20 7 vs 7 Varsity@ Lakeshore JV(Frosh) @ Upton	21 7:30-9:30am or 5:30-7:30pm Weight Lifting & Conditioning	22 7 vs 7 Varsity@ Lakeshore JV(Frosh) @ Upton	23 7:30-9:30am or 5:30-7:30pm Weight Lifting & Conditioning	24
25	26 Gold Card Sales SJHS 6:00-9:00pm	27 7 vs 7 Varsity@ Lakeshore JV(Frosh) @ Upton	28 Varsity Equip Issued Gold Card Sales SJHS 6:00-9:00pm	29 JV Equip Issued	30 Frosh Equip Issue	31 Rocket Camp 8:00 Upton Camp 11:00
St. Joe Football Camp 8-12pm						

August 2010

Saint Joseph Football Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i> Sports Physicals SJHS 6:00pm	<i>5</i>	<i>6</i>	<i>7</i>
Senior Work Outs Only (Per MHSAA Rules)						
<i>8</i> Team Meeting Varsity, JV, Frosh SJHS Auditorium 6:00 pm	<i>9</i> 2-A-Day Practice Starts Helmet only	<i>10</i> 2-A-Days Helmets Only	<i>11</i> 2-A-Days Helmets Only	<i>12</i> 2-A-Days Full Equipment	<i>13</i> 2-A-Days	<i>14</i> Team Pictures Scrimmage Booster Picnic
<i>15</i>	<i>16</i> 2-A-Days	<i>17</i> 2-A-Days	<i>18</i> 2-A-Days	<i>19</i> 2-A-Days	<i>20</i> Scrimmage	<i>21</i> Coaches Meet 8:30 Training Room 9:00 Weights (Var)
<i>22</i> Coaches Meet 1:30-3:30 Team View Tapes	<i>23</i> 1:00 Film/Walk Thur (Lifting) PM Practice	<i>24</i> 1:00 Film/Walk Thur PM Practice Meet the Team Night	<i>25</i> 1:00 Film/Walk Thur (Lifting) PM Practice	<i>26</i> JV & Frosh Marshall Away 1:00 Film/Walk Thur PM Practice	<i>27</i> Marshall 7:00 Home	<i>28</i> Coaches Meet 8:30 Training Room 9:00 Weights (Var)
<i>29</i> Coaches Meet 1:30-3:30 Team View Tapes	<i>30</i> 1:00 Film/Walk Thur (Lifting) PM Practice	<i>31</i> 1:00 Film/Walk Thur PM Practice				

September 2010

Saint Joseph Football Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<i>1</i> 1:00 Film/Walk Thur (Lifting) PM Practice	<i>2</i> JV/Frosh vs Harper Creek Away 1:00 Film/Walk Thur (Lifting) PM Practice	<i>3</i> Harper Creek 7:00 Home	<i>4</i> 8:30 Training Room 9:00 Weights (Var)
<i>5</i> Coaches Meet 1:30-3:30 Team View Tapes	<i>6</i>  Labor Day PM Practice	<i>7</i> 1st Day of School PM Practice	<i>8</i> PM Practice	<i>9</i> JV/Frosh vs Niles Home	<i>10</i> Niles 7:30 Away	<i>11</i> 8:30 Training Room 9:00 Weights (Var)
<i>12</i> Coaches Meet 1:30-3:30 Team View Tapes	<i>13</i>	<i>14</i>	<i>15</i>	<i>16</i> JV/Frosh vs Loy Norrix Away	<i>17</i> Loy Norrix 7:30 Home	<i>18</i> 8:30 Training Room 9:00 Weights (Var)
<i>19</i> Coaches Meet 1:30-3:30 Team View Tapes	<i>20</i>	<i>21</i>	<i>22</i>	<i>23</i> JV/Frosh vs Benton Harbor Away	<i>24</i> Benton Harbor 7:30 Home Homecoming	<i>25</i> 8:30 Training Room 9:00 Weights (Var)
<i>26</i> Coaches Meet 1:30-3:30 Team View Tapes	<i>27</i>	<i>28</i>	<i>29</i>	<i>30</i> JV/Frosh vs Portage Central Home		

October 2010

Saint Joseph Football Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<i>1</i> Portage Central 7:00 Away	<i>2</i> 8:30 Training Room 9:00 Weights (Var)
<i>3</i> Coaches Meet 1:30-3:30 Team View Tapes	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i> JV/Frosh vs Mattawan Away	<i>8</i> Mattawan 7:00 Home	<i>9</i> 8:30 Training Room 9:00 Weights (Var)
<i>10</i> Coaches Meet 1:30-3:30 Team View Tapes	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i> JV/Frosh vs Lakeshore Home	<i>15</i> Lakeshore 7:00 Away	<i>16</i> 8:30 Training Room 9:00 Weights (Var)
<i>17</i> Coaches Meet 1:30-3:30 Team View Tapes	<i>18</i>	<i>19</i>	<i>20</i>	<i>21</i> JV/Frosh vs Portage Northern Home	<i>22</i> Portage Northern 7:00 Away	<i>23</i> 8:30 Training Room 9:00 Weights (Var)
<i>24</i> Coaches Meet 1:30-3:30 Team View Tapes 6:00 Playoff's Announced	<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i> Playoffs TBA	<i>30</i> 8:30 Training Room 9:00 Weights (Var)
JV's (Few Frosh) Move up to Varsity for Payoffs						
<i>31</i> Coaches Meet 1:30-3:30 Team View Tapes						


November 2010

Saint Joseph Football Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i> District TBA	<i>6</i> 8:30 Training Room 9:00 Weights (Var)
<i>7</i> Coaches Meet 1:30-3:30 Team View Tapes	<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i> Regional TBA	<i>13</i> 8:30 Training Room 9:00 Weights (Var)
<i>14</i> Coaches Meet 1:30-3:30 Team View Tapes	<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i> Semi Final TBA
<i>21</i> Coaches Meet 1:30-3:30 Team View Tapes	<i>22</i>	<i>23</i>	<i>24</i> PM Practice	<i>25</i>  Thanksgiving AM Practice	<i>26</i>	<i>27</i> State Championship Ford Field
<i>28</i>	<i>29</i>	<i>30</i>				

December 2010

Saint Joseph Football Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>
<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>
<i>12</i>	<i>13</i> Varsity Lift 2:15 Frosh Lift 3:20	<i>14</i>	<i>15</i> Varsity Lift 2:15 Frosh Lift 3:20	<i>16</i>	<i>17</i> Varsity Lift 2:15 Frosh Lift 3:20	<i>18</i>
<i>19</i>	<i>20</i>	<i>21</i>	<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i>  Christmas
Christmas Break						
<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i>	<i>30</i>	<i>31</i>	
Christmas Break						