



**2009 Swartz Creek Football  
Winter & Spring Calendar**

# January 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 <i>RETURN TO SCHOOL</i>	6	7	8	9	10
11	12	13	14 <i>TEAM MEETING 2:30 CAFETERIA</i>	15 <i>MHSFCA CLINIC BATTLE CREEK</i>	16 <i>MHSFCA CLINIC BATTLE CREEK</i>	17 <i>MHSFCA CLINIC BATTLE CREEK</i>
18	19 <i>NO SCHOOL</i>	20	21 <i>EXAMS</i>	22 <i>EXAMS 1/2 DAY</i>	23 <i>EXAMS 1/2 DAY</i>	24
25 <i>COACH MEETING "D" 6-8PM?</i>	26 <i>LIFTING 2:30-3:45 BASELINE BENCH</i>	27	28 <i>LIFTING 2:30-3:45 BASELINE SQUAT</i>	29 <i>LIFTING 2:30-3:45 BASELINE DEAD LIFT</i>	30	31

# February 2009

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>LIFTING 2:30-3:45</i>	3	4 <i>LIFTING 2:30-3:45</i>	5 <i>LIFTING 2:30-3:45</i>	6	7
8	9 <i>LIFTING 2:30-3:45</i>	10	11 <i>LIFTING 2:30-3:45</i>	12 <i>LIFTING 2:30-3:45</i>	13 <i>NO SCHOOL</i>	14
15 <i>COACH MEETING "D" 6-8 PM</i>	16 <i>NO SCHOOL</i>	17	18 <i>LIFTING 2:30-3:45</i>	19 <i>LIFTING 2:30-3:45</i>	20	21
22 <i>COACH MEETING "O" 6-8 PM</i>	23 <i>LIFTING 2:30-3:45</i>	24	25 <i>LIFTING 2:30-3:45</i>	26 <i>LIFTING 2:30-3:45</i>	27	28

# March 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>LIFTING 2:30-3:45</i> <i>CYCLE 1 TEST</i>	3	4 <i>LIFTING 2:30-3:45</i> <i>CYCLE 1 TEST</i>	5 <i>LIFTING 2:30-3:45</i> <i>CYCLE 1 TEST</i>	6 <i>NO SCHOOL</i>	7
8	9 <i>TRACK BEGINS</i> <i>LIFTING 2:30-3:45</i>	10	11 <i>LIFTING 2:30-3:45</i>	12 <i>LIFTING 2:30-3:45</i>	13	14
15	16 <i>LIFTING 2:30-3:45</i>	17	18 <i>LIFTING 2:30-3:45</i>	19 <i>LIFTING 2:30-3:45</i>	20	21
22 <i>COACH MEETING</i> <i>"O"</i> <i>6-8PM</i>	23 <i>LIFTING 2:30-3:45</i>	24	25 <i>LIFTING 2:30-3:45</i>	26 <i>LIFTING 2:30-3:45</i>	27	28
29 <i>COACH MEETING</i> <i>"SP TEAMS"</i> <i>6-8PM</i>	30 <i>LIFTING 2:30-3:45</i>	31				

# April 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>LIFTING 2:30-3:45</i>	2 <i>LIFTING 2:30-3:45</i>	3 <i>SPRING BREAK BEGINS @ END OF THE DAY</i>	4
5	6	7	8	9	10	11
12	13 <i>SCHOOL RESUMES LIFTING 2:30-3:45</i>	14	15 <i>LIFTING 2:30-3:45</i>	16 <i>LIFTING 2:30-3:45</i>	17	18
19	20 <i>LIFTING 2:30-3:45 TEST CYCLE 2 DIRTY DOZEN</i>	21	22 <i>LIFTING 2:30-3:45 TEST CYCLE 2</i>	23 <i>LIFTING 2:30-3:45 TEST CYCLE 2 DIRTY DOZEN</i>	24	25
26	27 <i>LIFTING 2:30-3:45 DIRTY DOZEN</i>	28	29 <i>LIFTING 2:30-3:45</i>	30 <i>LIFTING 2:30-3:45 DIRTY DOZEN</i>		

# May 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <i>LIFTING 2:30-3:45</i> <b>DIRTY DOZEN</b>	5	6 <i>LIFTING 2:30-3:45</i>	7 <i>LIFTING 2:30-3:45</i> <b>DIRTY DOZEN</b>	8	9
10	11 <i>LIFTING 2:30-3:45</i> <b>DIRTY DOZEN</b>	12	13 <i>LIFTING 2:30-3:45</i>	14 <i>LIFTING 2:30-3:45</i> <b>DIRTY DOZEN</b>	15	16
17	18 <i>LIFTING 2:30-3:45</i> <b>DIRTY DOZEN</b>	19	20 <i>LIFTING 2:30-3:45</i>	21 <i>LIFTING 2:30-3:45</i> <b>DIRTY DOZEN</b>	22	23
24	25 <i>NO SCHOOL</i>	26 <b>DIRTY DOZEN</b>	27 <i>LIFTING 2:30-3:45</i>	28 <i>LIFTING 2:30-3:45</i> <b>DIRTY DOZEN</b>	29	30
31	<i>JUNE 1</i> <i>CYCLE 3</i>		<i>JUNE 3</i> <i>CYCLE 3</i>	<i>JUNE 4</i> <i>CYCLE 3</i>		

# June 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>OFF!</i>	2	3 <i>OFF!</i>	4 <i>OFF!</i>	5	6
7	8 <i>OFF!</i>	9	10 <i>OFF!</i>	11 <i>OFF!</i>	12	13
14	15 <i>OFF!</i>	16	17 <i>OFF!</i>	18 <i>OFF!</i>	19	20
21	22 <i>OFF!</i>	23	24 <i>OFF!</i>	25 <i>OFF!</i>	26	27
28	29 <i>OFF!</i>	30				

# July 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>Dead Week</i>	<i>Dead Week</i>	<i>1</i> <i>Dead Week</i>	<i>2</i> <i>Dead Week</i>	<i>3</i> <i>Dead Week</i>	<i>4</i> <i>Dead Week</i>
<i>5</i> <i>Dead Week</i>	<i>6 Weights</i> <i>V/JV 7:00am-10:00am</i>  <i>Frosh 6:00-8:00pm</i>	<i>7</i>	<i>8 Weights</i> <i>V/JV 7:00am-10:00am</i>  <i>Frosh 6:00-8:00pm</i>	<i>9 Weights</i> <i>V/JV 7:00am-10:00am</i> <i>Frosh 6:00-8:00pm</i> <b>Varsity ONLY</b> <b>7 on 7</b> <b>Carmen-Ainsworth</b> <b>AWAY @ 6:00pm</b>	<i>10</i>	<i>11</i> <b>Varsity ONLY!</b> <b>South Lyon 7 on 7</b> <b>Tourn.</b> <b>Time –TBD</b>
<i>12</i>	<i>13 Weights</i> <i>V/JV 7:00am-10:00am</i>  <i>Frosh 6:00-8:00pm</i>	<i>14</i>	<i>15 Weights</i> <i>V/JV 7:00am-10:00am</i>  <i>Frosh 6:00-8:00pm</i>	<i>16Weights</i> <i>V/JV 7:00am-10:00am</i> <i>Frosh 6:00-8:00pm</i> <b>Varsity ONLY</b> <b>7 on 7</b> <b>Carmen-Ainsworth</b> <b>AWAY @ 6:00pm</b>	<i>17</i>	<i>18</i>
<i>19</i>	<i>20Weights</i> <i>V/JV 7:00am-10:00am</i>	<i>21</i>	<i>22Weights</i> <i>V/JV 7:00am-10:00am</i>	<i>23Weights</i> <i>V/JV 7:00am-10:00am</i>	<i>24</i>	<i>25</i>
<i>26 Varsity Gold Pre-Sale Week</i>	<i>27 FB CAMP</i> <i>V/JV-7:30am-</i>	<i>28 FB CAMP</i> <i>V/JV-7:30am-</i>	<i>29 FB CAMP</i> <i>V/JV-7:30am-</i>	<i>30 FB CAMP</i> <i>V/JV-7:30am-</i>	<i>31 FB CAMP</i> <i>V/JV-7:30am-</i>	<i>Varsity Gold Blitz-</i> <i>Time= TBD</i>

# August 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 <i>MSHAA DEAD WEEK</i>	3 <i>MSHAA DEAD WEEK</i>	4 <i>MSHAA DEAD WEEK</i>	5 <i>MSHAA DEAD WEEK</i>	6 <i>MSHAA DEAD WEEK</i>	7 <i>MSHAA DEAD WEEK</i>	8 <i>MSHAA DEAD WEEK</i>
9	10 1st Day Camp Frosh/JV/Varsity 8-11:30am 1:00 pm-4:00 pm	11 Frosh/JV/Varsity 8-11:30am 1:00 pm-4:00 pm	12 Frosh/JV/Varsity 8-11:30am 1:00 pm-4:00 pm	13 Frosh/JV/Varsity 8-11:30am 1:00 pm-4:00 pm	14 <i>Team Pictures</i> Frosh/JV/Varsity 8-11:30am Frosh/JV 1:00 pm-4:00 pm: 7:30 PM- Varsity Red/White Scrimmage	15 <i>Varsity 8:00 am- Film</i>  <i>JV/Frosh- Scrimmage 10:30 am- Noon</i>  <i>Noon- Program Picnic</i>
16	17 Frosh/JV/Varsity 8-11:30am 1:00 pm-4:00 pm	18 Frosh/JV/Varsity 8-11:30am 1:00 pm-4:00 pm	19 Frosh/JV/Varsity 8-11:30am 1:00 pm-4:00 pm	20 <i>4- way Scrimmage @ Rochester Adams</i>  <i>Frosh/JV- 10:00am Varsity- Noon</i>	21 Frosh/JV/Varsity 8-11:30am 1:00 pm-4:00 pm	22 Frosh/JV/Varsity 8-11:30am
23	24 Game 1- Fenton Prep 3:15 pm- 6:00 pm	25 Game 1- Fenton Prep 3:15 pm- 6:00 pm	26 Game 1- Fenton Prep 3:15 pm- 6:00 pm	27 Game 1- Fenton Prep 3:15 pm- 6:00 pm	28 <i>Game One Home</i>	29 <i>Varsity Films 8:00 am</i>
30	31					

# September 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Game 2– Linden Prep  3:15 pm– 6:00 pm	<i>1</i> Game 2– Linden Prep  3:15 pm– 6:00 pm	<i>2</i> Game 2– Linden Prep  3:15 pm– 6:00 pm	<i>3</i> Game 2 Vs Linden @	<i>4</i>  8:00 am– 11:00 am- Varsity Film	<i>5</i>
<i>6</i>	<i>7</i> Practice Frosh/JV/Varsity-  6-8:00 pm	<i>8</i> Game 3– Prep  3:15 pm– 6:00 pm	<i>9</i> Game 3– Prep  3:15 pm– 6:00 pm	<i>10</i> Game 3– Prep  3:15 pm– 6:00 pm	<i>11</i> Game 3-Holly Home	<i>12</i> Varsity film 8:00 am
<i>13</i>	<i>14</i> Game 4– Prep  3:15 pm– 6:00 pm	<i>15</i> Game 4– Prep  3:15 pm– 6:00 pm	<i>16</i> Game 4– Prep  3:15 pm– 6:00 pm	<i>17</i> Game 4– Prep  3:15 pm– 6:00 pm	<i>18</i> Game 4– vs Clio; Homecoming	<i>19</i> Varsity film 8:00 am
<i>20</i>	<i>21</i> Game 5– Prep  3:15 pm– 6:00 pm	<i>22</i> Game 5– Prep  3:15 pm– 6:00 pm	<i>23</i> Game 5– Prep  3:15 pm– 6:00 pm	<i>24</i> Game 5– Prep  3:15 pm– 6:00 pm	<i>25</i> Game 5– vs Kearsley  Away	<i>26</i> Varsity film 8:00 am
<i>27</i>	<i>28</i> Game 6– Prep  3:15 pm– 6:00 pm	<i>29</i> Game 6– Prep  3:15 pm– 6:00 pm	<i>30</i> Game 6– Prep  3:15 pm– 6:00 pm	Game 6– Prep  3:15 pm– 6:00 pm	Game 6– vs Lapeer West  Away	Varsity film 8:00 am

# October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Game 6– Prep  3:15 pm– 6:00 pm	2 Game 6– vs Lapeer West  Away	3 Varsity film 8:00 am
4	5 Game 7– Prep  3:15 pm– 6:00 pm	6 Game 7– Prep  3:15 pm– 6:00 pm	7 Game 7– Prep  3:15 pm– 6:00 pm	8 Game 7– Prep  3:15 pm– 6:00 pm	9 Game 7 vs Oxford  Home	10 Varsity film 8:00 am
11	12 Game 8– Prep  3:15 pm– 6:00 pm	13 Game 8– Prep  3:15 pm– 6:00 pm	14 Game 8– Prep  3:15 pm– 6:00 pm	15 Game 8– Prep  3:15 pm– 6:00 pm	16 <i>Game 8 vs Brandon</i>  <i>Away</i>	17 Varsity film 8:00 am
18	19 Game 9– Prep  3:15 pm– 6:00 pm	20 Game 9– Prep  3:15 pm– 6:00 pm	21 Game 9– Prep  3:15 pm– 6:00 pm	22 Game 9– Prep  3:15 pm– 6:00 pm	23 <i>Game 9 vs</i> <i>Lapeer East</i>  <i>Away</i>	24 Varsity film 8:00 am
25 <i>Selection Sunday</i>	26 <i>Play-Offs</i>	27 <i>Play-Offs</i>	28 <i>Play-Offs</i>	29 <i>Play-Offs</i>	30 <i>Play-Offs</i>	31

# November 2009

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<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>	<i>14</i>
<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>	<i>21</i>
<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i>
<i>29</i>	<i>30</i>					