

AUGUST 2009

Days marked with a * have had changes since last published			Participation Key:			
Sunday	Monday	Tuesday	ALL Squads	Varsity Only (V-)	JV Only (JV-)	Frosh Only (F-)
8/2/2009	8/3/2009	8/4/2009	Wednesday	Thursday	Friday	Saturday
		11:00 AM Beastmasters @ Bloomer Park	8/5/2009	8/6/2009	8/7/2009	8/8/2009
						Crittenton Sports Rehab Center --Athletic Physicals 8:00 a.m. until noon. Please call (248) 652-5900 for an appointment. Cost is \$30.00.
Weight Room 5-7 PM						
8/9/2009	8/10/2009	8/11/2009	8/12/2009	8/13/2009	8/14/2009	8/15/2009
	Two a Days 7 AM - 1:00 PM (F, JV & V)					7:30 AM-Player Photos
						9:00 AM Adams Family Picnic
	Physicals Due @ 7:00 AM					Fall Spiritwear orders due
8/16/2009	8/17/2009	8/18/2009	8/19/2009	8/20/2009 *	8/21/2009	8/22/2009
				10 - 11:30am JV	Frosh 9 - 12	Frosh-No Practice
	Two a Days 7 AM - 1:00 PM			11:30 - 2pm Special Teams & Varsity	JV-9-12	JV 8-11
				2-4 pm Freshman	Varsity 9-11	Varsity Practice
					Varisty Habitat for Humanity 12-5	
8/23/2009	8/24/2009	8/25/2009	8/26/2009	8/27/2009	8/28/2009	8/29/2009
				Frosh@Clarkston (4:30)		Saturday Practice*
	JV-3:30 - 6:00			JV@Clarkston (6:30)	V-Clarkston	
	V-2:00 - 5:30	Regular Practice Times (2:30-5:30)				
				V-Pasta Party		
Sunday	Monday					
8/30/2009	8/31/2009					
	Regular Practice times					
Event Descriptions:						
** Physicals for fall sports will be available through Crittenton. Cost is \$30, an appointment is necessary.						
* Saturday Practices are determined by the coach on the previous day.						
Weight Room: The weight room is open from 5-7 pm on M, T, Th, F						

SEPTEMBER 2009

Days marked with a * have had changes since last published				Participation Key:			
				ALL Squads	Varsity Only (V-)	JV Only (JV-)	Frosh Only (F-)
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8/30/2009	8/31/2009	9/1/2009	9/2/2009	9/3/2009	9/4/2009	9/5/2009	
				Frosh-Stoney Ck 4:30		Saturday Practice*	
				JV - Stoney Ck 6:30	V @ Stoney Ck		
				V-Pasta Party (4:30)			
			F/JV Pasta Party 4:30				
		Regular Practice Times (3:30-5:30)					
9/6/2009	9/7/2009	9/8/2009	9/9/2009	9/10/2009	9/11/2009	9/12/2009	
	<i>Labor Day</i>					Saturday Practice*	
	Frosh-5:00 - 7:30			Frosh - Farmington (4:30)			
	JV 5:30 - 8:00						
	V- Practice 5-7:30		F/JV Pasta Party 4:30	JV - Farmington (6:30)	V @ Farmington		
		Regular Practice Times (3:30-5:30)		V-Pasta Party (4:30)			
9/13/2009	9/14/2009	9/15/2009	9/16/2009	9/17/2009	9/18/2009	9/19/2009	
			Frosh @ Groves (4:30)	V - Groves		Saturday Practice*	
			JV @ Groves (6:30)				
	Regular Practice Times (3:30-5:30)		V-Practice 3:30				
			V-Pasta Party (4:30)		Regular Practice Times (3:30-5:30)		
9/20/2009	9/21/2009	9/22/2009	9/23/2009	9/24/2009	9/25/2009	9/26/2009	
				Frosh @ Southfield (4:30)	V - Southfield	Saturday Practice*	
				JV @ Southfield (6:30)	Homecoming		
	Regular Practice Times (3:30-5:30)						
				V-Pasta Party (4:30)			

* Saturday Practices are determined by the coach on the previous day.

OCTOBER 2009

Days marked with a * have had changes since last published			Participation Key:			
			ALL Squads	Varsity Only (V-)	JV Only (JV-)	Frosh Only (F-)
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9/27/2009	9/28/2009	9/29/2009	9/30/2009	10/1/2009	10/2/2009	10/3/2009
			Frosh - Seaholm 4:30		V @ Seaholm	Saturday Practice*
			JV - Seaholm 6:30			
Regular Practice Times (3:30-5:30)						
		F/JV Pasta Party 4:30		V-Pasta Party (4:30)		
10/4/2009	10/5/2009	10/6/2009	10/7/2009	10/8/2009	10/9/2009	10/10/2009
				Frosh @ Harrison 4:30		Saturday Practice*
	Regular Practice Times (3:30-5:30)			JV @ Harrison 6:30	V Harrison	
				V-Pasta Party (4:30)		
10/11/2009	10/12/2009	10/13/2009	10/14/2009	10/15/2009	10/16/2009	10/17/2009
				Frosh - Lake Orion(4:30)		Saturday Practice*
				JV - Lake Orion(6:30)		
Regular Practice Times (3:30-5:30)					V @ Lake Orion	
			F/JV Pasta Party 4:30	V-Pasta Party (4:30)		
10/18/2009	10/19/2009	10/20/2009	10/21/2009	10/22/2009	10/23/2009	10/24/2009
				Frosh @ Rochester (4:30)		
				JV @ Rochester (6:30)		
Regular Practice Times (3:30-5:30)					V-Rochester (7:00)	
			F/JV End of Season Party 4:30	V-Pasta Party (4:30)	<i>Senior Night</i>	
10/25/2009	10/26/2009	10/27/2009	10/28/2009	10/29/2009	10/30/2009	10/31/2009
* Saturday Practices are determined by the coach on the previous day.						
Note: The Adams Football Award Banquet is Sunday, December 6, 2009.						