

# AUGUST 2011

			Participation Key			
			All Squads	Varsity Only ( V )	JV Only ( JV )	Frosh Only ( F )
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8/1/2011	8/2/2011	8/3/2011	8/4/2011	8/5/2011	8/6/2011
		<b>Beastmasters</b> 11:00 AM @ Bloomer Park				
	Weight Rm: 6-8 pm	Weight Rm: 6-8 pm		Weight Rm: 6-8 pm	Weight Rm: 6-8 pm	
8/7/2011	8/8/2011	8/9/2011	8/10/2011	8/11/2011	8/12/2011	8/13/2011
	Two a Days 7AM-1PM (Frosh, JV, & Varsity)					7:30 AM Team Photos
						9:00 Brown and Gold Family Picnic
	Physicals Due @ 7:00 A.M.					Fall Spiritwear Orders Due
8/14/2011	8/15/2011	8/16/2011	8/17/2011	8/18/2011	8/19/2011	8/20/2011
	Two a Days 7AM-1PM (Frosh, JV, & Varsity)			* 4 Way Scrimmage 9:30 AM Frosh 11:30 AM Varsity 2:00 PM JV	Practice 9AM-12PM	Saturday Practice*
				(vs Milford, Schwartz Creek, Chip Valley)		Gold Card Sales Blitz 1:00PM - 4:00PM All Squads
						* PIZZA PARTY AFTER BLITZ
8/21/2011	8/22/2011	8/23/2011	8/24/2011	8/25/2011	8/26/2011	8/27/2011
	Regular Practice Schedule 2:30-5:30 Coach to advise.			Frosh @ Clarkston 4:00 PM*	Varsity v Clarkston 7:00 PM Home	Saturday Practice*
			*Highlanders Give Back Varsity to OPC 10:00am-12:00pm & 9:00 - 10:30pm Details to follow.	JV @ Clarkston 6:30 PM		
				Varsity Pasta Party		
8/28/2011	8/29/2011	8/30/2011	8/31/2011			
	Regular Practice Schedule 2:30-5:30 Coach to advise.			Frosh Pasta Party		
				JV Pasta Party		

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

Weight Room: The Adams weight room is open from 6-8 pm on M, T, Th, F.

# SEPTEMBER 2011

			Participation Key			
			All Squads	Varsity Only ( V )	JV Only ( JV )	Frosh Only ( F )
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				9/1/2011	9/2/2011	9/3/2011
				Frosh v Farmington 4:30 Home	Varsity @ Farmington 7:00 PM	Saturday Practice* 9-12 AM
				JV v Farmington 6:30 Home		
				Varsity Practice - Pasta Party		
				Regular Practice Schedule 2:30-5:30.		
9/4/2011	9/5/2011	9/6/2011	9/7/2011	9/8/2011	9/9/2011	9/10/2011
	LABOR DAY Practice 5 PM	FIRST DAY OF SCHOOL		Frosh @ Lathrup 4:30 PM	Varsity v Lathrup 7:00 PM Home	Saturday Practice*
				JV @ Lathrup 6:30 PM		Highlanders Give Back JV to OPC @ Arts and Apples Festival. Details to follow.
				Varsity Practice - Pasta Party		
				Regular Practice Schedule 2:30-5:30 - Coach will advise.		
9/11/2011	9/12/2011	9/13/2011	9/14/2011	9/15/2011	9/16/2011	9/17/2011
			Frosh Pasta Party	Frosh v Oak Park 4:30 PM Home	Varsity @ Oak Park 6:00 PM	Saturday Practice*
			JV Pasta Party	JV v Oak Park 6:30 PM Home		V Practice 10-12 AM
				Varsity Practice - Pasta Party		
				Regular Practice Schedule 2:30-5:30 - Coach will advise.		
9/18/2011	9/19/2011	9/20/2011	9/21/2011	9/22/2011	9/23/2011	9/24/2011
			Frosh Pasta Party	Frosh v Southfield 4:30 PM Home	Varsity Practice - Pasta Party	Varsity v Southfield 1:00 PM @ Southfield
			JV Pasta Party	JV v Southfield 6:30 PM Home		
						Saturday Practice*
				Regular Practice Schedule 2:30-5:30 - Coach will advise.		
9/25/2011	9/26/2011	9/27/2011	9/28/2011	9/29/2011	9/30/2011	
				Frosh @ Oxford 4:30 PM	Varsity v Oxford 7:00 PM Home	
				JV @ Oxford 6:30 PM	<b>HOMECOMING</b>	
				Varsity Practice - Pasta Party		
				Regular Practice Schedule 2:30-5:30 - Coach will advise.		

Pasta Party will be in  
Brewster Cafeteria

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

# OCTOBER 2011

			Participation Key			
			All Squads	Varsity Only ( V )	JV Only ( JV )	Frosh Only ( F )
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						10/1/2011
						Saturday Practice*
						V Practice 10-12 AM
						<b>HOMECOMING DANCE</b>
10/2/2011	10/3/2011	10/4/2011	10/5/2011	10/6/2011	10/7/2011	10/8/2011
			Frosh @ Harrison	Varsity v Harrison	Yom Kippur at Sunset	Saturday Practice*
			4:30 PM	7:00 Home		V Practice 10-12 AM
			JV @ Harrison	<b>SENIOR NIGHT</b>		
			6:30 PM			
			Varsity Practice - Pasta Party			
Regular Practice Schedule 2:30-5:30 - Coach will advise						
10/9/2011	10/10/2011	10/11/2011	10/12/2011	10/13/2011	10/14/2011	10/15/2011
			Frosh Pasta Party	Frosh v TBD	Varsity @ TBD	Saturday Practice*
			JV Pasta Party	4:30 Home	7:00 PM	V Practice 10-12 AM
				JV v TBD		
				6:30 Home		
				Varsity Practice - Pasta Party		
Regular Practice Schedule 2:30-5:30 - Coach will advise						
10/16/2011	10/17/2011	10/18/2011	10/19/2011	10/20/2011	10/21/2011	10/22/2011
			Frosh Pasta Party	Frosh v Stoney Crk	Varsity @ Stoney Crk	Saturday Practice*
			JV Pasta Party	4:30 PM Home	7:00 PM	V Practice 10-12 AM
				JV v Stoney Crk	<b>Charity Bowl</b>	
				6:30 PM Home		
				Varsity Practice - Pasta Party		
Regular Practice Schedule 2:30-5:30 - Coach will advise						
10/23/2011	10/24/2011	10/25/2011	10/26/2011	10/27/2011	10/28/2011	10/29/2011
						Saturday Practice*
						V Practice 10-12 AM
10/30/2011	10/31/2011					
						

Pasta Party will be in Brewster Cafeteria

Charity Bowl