

June 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <i>Physicals @ DEAST Nurse's Office 2:45pm</i>	4	5	6	7	8
9	10	11	12	13	14	15
16	17 <i>Warm up; jump rope; sprints; power skips; crunches; push ups; planks; cool down</i>	18 <i>Warm up; jump rope; sprints; lunges; crunches; push ups; planks; cool down</i>	19 <i>Warm up; jump rope; sprints; power skips; crunches; push ups; planks; cool down</i>	20 <i>Warm up; jump rope; sprints; lunges; crunches; push ups; planks; cool down</i>	21 <i>Warm up; jump rope; sprints; power skips; crunches; push ups; planks; cool down</i>	22 <i>Warm up; jump rope; sprints; lunges; crunches; push ups; planks; cool down</i>
23 OFF	24 <i>Warm up; jump rope; sprints; power skips; crunches; push ups; planks; cool down</i>	25 <i>Warm up; jump rope; sprints; lunges; crunches; push ups; planks; cool down</i>	26 <i>Warm up; jump rope; sprints; power skips; crunches; push ups; planks; cool down</i>	27 <i>Warm up; jump rope; sprints; lunges; crunches; push ups; planks; cool down</i>	28 <i>Warm up; jump rope; sprints; power skips; crunches; push ups; planks; cool down</i>	29 <i>Warm up; jump rope; sprints; lunges; crunches; push ups; planks; cool down</i>
30 OFF						

July 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i>	<i>2</i> Warm up; jump rope; sprints; lunges; crunches; push ups; planks; cool down	<i>3</i> Warm up; jump rope; sprints; power skips; crunches; push ups; planks; cool down	<i>4</i> Warm up; jump rope; sprints; lunges; crunches; push ups; planks; cool down	<i>5</i> Warm up; jump rope; sprints; power skips; crunches; push ups; planks; cool down	<i>6</i> Warm up; jump rope; sprints; lunges; crunches; push ups; planks; cool down
<i>7</i> OFF	<i>8</i> Warm up; jump rope; sprints; power skips; crunches; push ups; planks; cool down	<i>9</i> Warm up; jump rope; sprints; lunges; crunches; push ups; planks; cool down Open Gym @ DEAST 7-9pm	<i>10</i> Warm up; jump rope; sprints; power skips; crunches; push ups; planks; cool down	<i>11</i> Warm up; jump rope; sprints; lunges; crunches; push ups; planks; cool down Open Gym @ DEAST 7-9pm	<i>12</i> Warm up; jump rope; sprints; power skips; crunches; push ups; planks; cool down	<i>13</i> Warm up; jump rope; sprints; lunges; crunches; push ups; planks; cool down
<i>14</i> OFF	<i>15</i> Warm up; jump rope; sprints; power skips; crunches; push ups; planks; cool down	<i>16</i> Warm up; jump rope; sprints; lunges; crunches; push ups; planks; cool down Open Gym @ DEAST 7-9pm	<i>17</i> Warm up; jump rope; sprints; power skips; crunches; push ups; planks; cool down	<i>18</i> Warm up; jump rope; sprints; lunges; crunches; push ups; planks; cool down Open Gym @ DEAST 7-9pm	<i>19</i> Warm up; jump rope; sprints; power skips; crunches; push ups; planks; cool down	<i>20</i> Warm up; jump rope; sprints; lunges; crunches; push ups; planks; cool down
<i>21</i> OFF	<i>22</i> Warm up; jump rope; sprints; power skips; crunches; push ups; planks; cool down	<i>23</i> Warm up; jump rope; sprints; lunges; crunches; push ups; planks; cool down Open Gym @ DEAST 7-9pm	<i>24</i> Warm up; jump rope; sprints; power skips; crunches; push ups; planks; cool down	<i>25</i> Warm up; jump rope; sprints; lunges; crunches; push ups; planks; cool down Open Gym @ DEAST 7-9pm	<i>26</i> Warm up; jump rope; sprints; power skips; crunches; push ups; planks; cool down	<i>27</i> Warm up; jump rope; sprints; lunges; crunches; push ups; planks; cool down
<i>28</i> OFF	<i>29</i> Warm up; jump rope; sprints; power skips; crunches; push ups; planks; cool down	<i>30</i> Warm up; jump rope; sprints; lunges; crunches; push ups; planks; cool down	<i>31</i> Warm up; jump rope; sprints; power skips; crunches; push ups; planks; cool down			

August 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<i>1 Warm up; jump rope; sprints; lunges; crunches; push ups; planks; cool down</i>	<i>2 Warm up; jump rope; sprints; power skips; crunches; push ups; planks; cool down</i>	<i>3 Warm up; jump rope; sprints; lunges; crunches; push ups; planks; cool down</i>
<i>4 OFF</i>	<i>5 Warm up; jump rope; sprints; power skips; crunches; push ups; planks; cool down</i>	<i>6 Warm up; jump rope; sprints; lunges; crunches; push ups; planks; cool down</i>	<i>7 Warm up; jump rope; sprints; power skips; crunches; push ups; planks; cool down</i>	<i>8 Warm up; jump rope; sprints; lunges; crunches; push ups; planks; cool down</i>	<i>9 Warm up; jump rope; sprints; power skips; crunches; push ups; planks; cool down</i>	<i>10 Warm up; jump rope; sprints; lunges; crunches; push ups; planks; cool down</i>
<i>11 OFF I'm in great shape for tryouts!</i>	<i>12 VB Tryouts 9-11am 4-6pm</i>	<i>13 VB Tryouts 9-11am 4-6pm</i>	<i>14 VB Tryouts 9-11am 4-6pm</i>	<i>15 1st Team Practice 9-11am & 4-6pm Fall athlete/coaches mtg 12pm auditorium Parent mtg Library Spirit wear mtg 6:30-7:30pm</i>	<i>16 Practice 9-11am 4-6pm</i>	<i>17 Practice 9-11am Uniform Distribution 11-11:30am Sleepover</i>
<i>18 Car Wash Chick-fil-A 211 Eagleview Blvd 1-5pm</i>	<i>19 1st Teacher Day Practice 3-5pm Mandatory Scoring Clinic 5:30-6:30pm DE Library</i>	<i>20 Practice 3-5pm</i>	<i>21 Tri-meet Playdate Carroll Hatboro-Horsham (H) 2-6pm</i>	<i>22 Practice 3-5pm</i>	<i>23 Practice 9-11am</i>	<i>24 Practice 9-11am</i>
<i>25 OFF</i>	<i>26 1st Student Day Practice 3:15-5:15pm</i>	<i>27 Practice 3:15-5:15pm Chipotle Fundraiser 5-9pm</i>	<i>28 @ Villa Maria Scrimmage 3:45pm JV plays 1st</i>	<i>29 Practice 3:15-5:15pm</i>	<i>30 NO SCHOOL Practice Time = 9-11am</i>	<i>31 OFF</i>

September 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 OFF	2 <i>Labor Day</i> <i>Practice</i> <i>Time = 9-11am</i>	3 <i>Spring Ford</i> <i>(H)</i> <i>3:30pm</i>	4 <i>Practice</i> <i>3:15-5:15pm</i>	5 <i>Sun Valley</i> <i>(H)</i> <i>3:30pm</i>	6 <i>@ Springfield HS</i> <i>(Delco)</i> <i>3:45pm</i> <i>JV plays 1st</i>	7 OFF
8 OFF	9 <i>Practice</i> <i>3:15-5:15pm</i>	10 <i>Great Valley</i> <i>(H)</i> <i>3:30pm</i>	11 <i>Early Dismissal</i> <i>(Students)</i> <i>Practice</i> <i>3:15-5:15pm</i>	12 <i>@ Kennett</i> <i>3:30pm</i>	13 <i>Practice</i> <i>3:15-5:15pm</i>	14 <i>Cougar Classic</i> <i>(H)</i> <i>Mt. St. Joe's</i> <i>CR North</i> <i>9am</i> <i>Varsity only</i>
15 OFF	16 <i>Practice</i> <i>3:15-5:15pm</i>	17 <i>WC East</i> <i>(H)</i> <i>3:30pm</i>	18 <i>Practice</i> <i>3:15-5:15pm</i>	19 <i>@ Henderson</i> <i>3:30pm</i>	20 <i>@ Haverford</i> <i>3:45pm</i> <i>JV plays 1st</i>	21 OFF
22 OFF	23 <i>Practice</i> <i>3:15-5:15pm</i>	24 <i>@ Rustin</i> <i>3:30pm</i>	25 <i>Practice</i> <i>3:15-5:15pm</i>	26 <i>DWest</i> <i>(H)</i> <i>3:30pm</i>	27 <i>Practice</i> <i>3:15-5:15pm</i>	28 <i>Pope John Paul II</i> <i>(H)</i> <i>10am</i> <i>JV plays 1st</i>
29 OFF	30 <i>Practice</i> <i>3:30-5:30pm</i> <i>SNAP PIZZA</i> <i>Exton, PA</i> <i>4-8pm</i>					

October 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Avon Grove (H) 3:30pm</i>	2 <i>Strath Haven (H) SENIOR MATCH 5:30pm JV V follows</i>	3 <i>@ Oxford 3:30pm</i>	4 <i>Practice 3:15-5:15pm</i>	5 <i>@ Garnet Valley 3pm JV plays 1st</i>
6 OFF	7 <i>Practice 3:15-5:15pm</i>	8 <i>Early Dismissal @ Coatesville 3:30pm</i>	9 <i>No school—students Practice 3:15-5:15pm</i>	10 <i>Shanahan (H) 5:30pm</i>	11 <i>Practice 3:15-5:15pm</i>	12 <i>@ Conestoga 10am JV plays 1st</i>
13 OFF	14 <i>@ Unionville 3:30pm</i>	15 <i>Practice 3:15-5:15pm</i>	16 <i>Practice 3:15-5:15pm</i>	17 <i>Practice 3:15-5:15pm JV Final Practice</i>	18 <i>Perkiomen Valley (H) 3:30pm</i>	19 <i>Ches-mont JV Tournament @ Henderson All day</i>
20 OFF	21 <i>Practice 3:15-5:15pm</i>	22 <i>District 1 1st Round @ Higher Seed</i>	23 <i>Practice 3:15-5:15pm</i>	24 <i>District 1 2nd Round @ Higher Seed</i>	25 <i>Practice 3:15-5:15pm</i>	26 <i>District 1 Quarterfinals @ Higher Seed</i>
27 OFF	28 <i>Practice 3:15-5:15pm</i>	29 <i>District 1 Semis & Playbacks @ Higher Seed</i>	30 <i>Practice 3:15-5:15pm</i>	31 <i>District 1 Finals & Playbacks @ TBD</i>		

November 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>Practice 3:15-5:15pm</i>	2 <i>OFF</i>
3 <i>OFF</i>	4 <i>Practice 3:15-5:15pm</i>	5 <i>PA States 1st Round @ TBD No school—students</i>	6 <i>Practice 3:15-5:15pm</i>	7 <i>Practice 3:15-5:15pm</i>	8 <i>Practice 3:15-5:15pm</i>	9 <i>PA State Quarterfinals @ TBD</i>
10 <i>OFF</i>	11 <i>Practice 3:15-5:15pm</i>	12 <i>PA State Semifinals @ TBD</i>	13 <i>Practice 3:15-5:15pm</i>	14 <i>Practice 3:15-5:15pm</i>	15 <i>Practice 3:15-5:15pm</i>	16 <i>PA State Finals @ Cumberland Valley HS</i>
17	18	19	20	21	22	23
24	25	26	27	28	29	30