

August 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 8:45 Lifting 10:15 Conditioning 11-12 Kicking
2	3	4 4:30 Speed Training 5:00 Conditioning 5:20 Lifting 6:45-8:00 Offense	5	6 4:30 Speed Training 5:00 Conditioning 5:20 Lifting 6:45-8:00 Defense	7	8 8:45 Lifting 10:15 Conditioning 11-12 Kicking
9	10	11 OFF	12	13 OFF	14	15 CBW Football Pix 8- 12 noon @ CB West CBW Team Picnic 1-5 PM @ Lost Acres
16	17 CB West Football Camp Begins 7 AM - 6 PM	18 Camp 7 AM - 6 PM	19 Camp 7 AM - 6 PM	20 Camp 7 AM - 6 PM	21 Camp 7 AM - 6 PM	22 Scrimmage at G. Washington HS POSTPONED
23	24 GW Scrimmage/ Camp 11:45AM - 9:30 PM	25 Camp 12:00 PM - 9:30 PM	26 <i>Teacher In-Svc</i> Camp 12:00 PM - 9:30 PM	27 <i>Teacher In-Svc</i> Camp 12:00 PM - 9:30 PM	28 3:30 PM Players Report Scrimmage v Wood 6 PM	29 Lift, Run, Film 10-12 noon
30	31 Camp 12:00 PM - 9 PM (Soph team is dismissed @ 6:30)	1 First Day of School Varsity 2:00pm ALL Practice 2:45- 6:30	2 ALL Students Begin Practice 2:45-6:30 PM	3 Practice 2:45-6:00 Pre-game meal - Shugars	4 CB West @ Bethlehem Freedom 7 PM	5 Lift, Run, Film 10-12 noon <i>JV vs. FREEDOM</i>

September 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 First Day of School Varsity 2:00pm ALL Practice 2:45-6:30 PM	2 ALL Students Begin Practice 2:45-6:30 PM	3 Practice 2:45-6:00 Pre-game meal - Shugars	4 CB West @ Bethlehem Freedom 7 PM	5 Varsity Only - Lift, Run, Film 10-12 noon <i>JV vs. FREEDOM</i>
6	7 Labor Day Holiday Practice 8:00am-11:00am	8 Practice 2:45-6:30 PM	9 Practice 2:45-6:30 PM	10 Practice 2:45-6:00 Pre-game meal - Matrangelo	11 CB West vs. WM TENNENT 7 PM	12 Varsity Only - Lift, Run, Film 10-12 noon
13	14 <i>JV @ Wm. Tennent</i> Varsity 2:45-7PM	15 Practice 2:45-6:30 PM	16 Practice 2:45-6:00 PM Pre-game meal - Munn/Proud	17 CB West @ Wissaickon 7 PM	18 Rosh Hashanah Begins at Sundown	19 Varsity Only - Lift, Run, Film 10-12 noon
20	21 <i>JV vs. WISSAHICKON</i> Varsity 2:45-7PM	22 Practice 2:45-6:30 PM	23 Practice 2:45-6:30 PM	24 Practice 2:45-6:00 PM Pre-game meal - Barbon/Brams	25 CB West vs. SOUDERTON 7 PM	26 Varsity Only - Lift, Run, Film 10-12 noon <i>JV @ Souderton</i>
27	28 All Practice 2:45-7PM	29 Practice 2:45-6:30 PM	30 Practice 2:45-6:30 PM			

October 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Practice 2:45-6:00 PM Pre-game meal - McCormack	2 CB West vs. CB SOUTH 7 PM HOF Game	3 Varsity Only - Lift, Run, Film 10-12 noon
4	5 <i>JV @ CB South</i> Varsity 2:45-7PM	6 Practice 2:45-6:30 PM	7 Practice 2:45-6:30 PM	8 Practice 2:45-6:00 PM Pre-game meal - Kovalic	9 CB West @ North Penn 7:30 PM	10 Varsity Only - Lift, Run, Film 10-12 noon
11	12 <i>JV vs. N. PENN</i> Varsity 2:45-7PM	13 Practice 2:45-6:30 PM	14 Practice 2:45-6:30 PM	15 Practice 2:45-6:00 PM Pre-game meal - Tillman	16 CB West @ CB East 7 PM	17 Varsity Only - Lift, Run, Film 10-12 noon
18	19 <i>JV vs. CB EAST</i> Varsity 2:45-7PM	20 Practice 2:45-6:30 PM	21 Practice 2:45-6:30 PM	22 Practice 2:45-6:00 PM Pre-game meal - Shumock/Reynolds	23 CB West @ Pennridge 7 PM	24 Varsity Only - Lift, Run, Film 10-12 noon
25	26 <i>JV vs. PENNRIDGE</i> Varsity 2:45-7PM	27 Practice 2:45-6:30 PM	28 Practice 2:45-6:30 PM	29 Practice 2:45-6:00 PM Pre-game meal - Cooney	30 CB West vs. QUAKERTOWN 7 PM Homecoming/SR Night	31 Varsity Only - Lift, Run, Film 10-12 noon

November 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>Daylight Savings Ends</i>	2 <i>JV vs @ Q'town</i> Varsity 2:45-7PM	3 Practice 2:45-6:30 PM	4 Practice 2:45-6:30 PM	5 Practice 2:45-6:00 PM Pre-game meal - CB West Cafeteria	6 CB West @ HatboroHorsham 7 PM	7 Varsity Only - Lift, Run, Film 10-12 noon
8	9 <i>JV vs H-H</i> Varsity 2:45-6:30PM	10 Practice 2:45-6:30 PM	11 Practice 2:45-6:30 PM	12 Practice 2:45-6:00 PM	13 PIAA District 1 1 st Round Playoffs	14 Varsity Only - Lift, Run, Film 10-12 noon
15	16 Practice 2:45-6:30 PM	17 Practice 2:45-6:30 PM	18 Practice 2:45-6:30 PM	19 Practice 2:45-6:00 PM	20 PIAA District 1 Quarter Finals	21 Varsity Only - Lift, Run, Film 10-12 noon
22	23 Practice 2:45-6:30 PM	24 Practice 2:45-6:30 PM	25 Practice 2:45-6 PM	26 THANKSGIVING DAY	27 PIAA District 1 Semi Finals	28
29	30					

December 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 PIAA AAAA District 1 Final	5 Varsity Only - Lift, Run, Film 10-12 noon
6 2009 CB West Football Banquet	7	8	9	10	11	12 PIAA AAAA Eastern Regional Final
13	14	15	16	17	18 PIAA A and AAA Championships State Finals	19 PIAA AA and AAAA Championships State Finals
20	21	22	23	24	25 Christmas Day	26
27	28	29	30	31		