

# June 2010 Lake Orion Dragons Football

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Current LOHS students will continue to lift @ 6am	2 P.O.H. Athletic Physicals @ L.O.H.S. 4-7pm (\$20)	3 Current LOHS students will continue to lift @ 6am	4 Current LOHS students will continue to lift @ 6am	5	6
7 Current LOHS students will continue to lift @ 6am	8 Current LOHS students will continue to lift @ 6am	9	10 Current LOHS students will continue to lift @ 6am	11 Current LOHS students will continue to lift @ 6am	12	13
14 NO LIFTING STUDY FOR EXAMS & REST	15 NO LIFTING STUDY FOR EXAMS & REST	16	17 NO LIFTING STUDY FOR EXAMS & REST	18 LAST DAY OF SCHOOL	19	20
21 7am JV & Varsity Lift 9-10am 9 <sup>th</sup> Grade Lift	22 7am JV & Varsity Lift	23 4 Way Passing Scrimmage at LO 10:00 AM (Varsity Only)	24 7am JV & Varsity Lift  8:00 am Lake Orion Football Academy 7 <sup>th</sup> – 12 <sup>th</sup> Graders	25 7am JV and Var Lift LO GOLF OUTING OL/DL Camp At Albion College	26 Offensive/Defensive Line Camp at Albion College (Varsity)	27 Offensive/Defensive Line Camp at Albion College (Varsity)
28 ATHLETIC DEAD PERIOD	29 ATHLETIC DEAD PERIOD	30 ATHLETIC DEAD PERIOD	Varsity Lift typically goes until 9:00 9 <sup>th</sup> Grade Lifting is from 9:00 – 10:00am typically most Mondays & Fridays Lake Orion Football Academies are for 7 <sup>th</sup> -12 <sup>th</sup> graders and will focus on position specific techniques and drills. Lake Orion Football Golf Outing – Seniors will help load bags at 7:45am			

# July 2010 Lake Orion Dragons Football

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>ATHLETIC DEAD PERIOD is a mandatory week off for all Lake Orion High School athletic teams.</p> <p>Team Camps give players an opportunity to begin learning the offensive, defensive, and special teams schemes and techniques they will use during the season.</p>			1  ATHLETIC DEAD PERIOD	2  ATHLETIC DEAD PERIOD	3  ATHLETIC DEAD PERIOD	4  ATHLETIC DEAD PERIOD
5  ATHLETIC DEAD PERIOD	6  7am JV & Varsity Lift 9am 9 <sup>th</sup> Grader Lift	7	8  7am JV & Varsity Lift  8:00 am Lake Orion Football Academy 7 <sup>th</sup> – 12 <sup>th</sup> Graders	9  7am JV & Varsity Lift 9am 9 <sup>th</sup> Grader Lift	10	11
12  7am JV & Varsity Lift 9am 9 <sup>th</sup> Grader Lift	13  7am JV & Varsity Lift  8am Middle School Camp	14  8am Middle School Camp	15  7am JV & Varsity Lift *8:00am Lake Orion Football Academy *Varsity Passing vs Warren DeLasalle	16  7am JV & Varsity Lift 9am 9 <sup>th</sup> Grader Lift  10:00 4 way passing scrimmage at LO	17	18
19  8:00 am Varsity Camp  4:00 pm 9 <sup>th</sup> & 10 <sup>th</sup> Grade Team Camp	20  8:00 am Varsity Camp  4:00 pm 9 <sup>th</sup> & 10 <sup>th</sup> Grade Team Camp	21  8:00 am Varsity Camp  4:00 pm 9 <sup>th</sup> & 10 <sup>th</sup> Grade Team Camp	22  7am JV & Varsity Lift  8:00am Lake Orion Football Academy 7 <sup>th</sup> -12 <sup>th</sup> Graders	23  7am JV & Varsity Lift 9am 9 <sup>th</sup> Grader Lift	24	25
26  7am JV & Varsity Lift 9am 9 <sup>th</sup> Grader Lift	27  7am JV & Varsity Lift	28	29  7am JV & Varsity Lift  Varsity Passing at Walled Lake Central Meet at LO at 10:45	30  7am JV & Varsity Lift 9am 9 <sup>th</sup> Grader Lift	31	

# August 2010 Lake Orion Dragons Football

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2	3  MOMS 101 CAMP 5-7 pm	4	5 Equipment Issue & Parent Meeting 5:00 Varsity 6:00 JV 7:00 Freshmen	6	7	8
9 1 <sup>st</sup> PRACTICE!!! Varsity 8-10:30am Varsity 5-7:00pm  9 <sup>th</sup> & 10 <sup>th</sup> 8am-2pm	10 Varsity 8-10:30am Varsity 5-7:00pm  9 <sup>th</sup> & 10 <sup>th</sup> 8am-2pm	11 Varsity 8-10:30am Varsity 5-7:00pm  9 <sup>th</sup> & 10 <sup>th</sup> 8am-2pm	12 FULL CONTACT Varsity 8-10:30am Varsity 5-7:00pm  9 <sup>th</sup> & 10 <sup>th</sup> 8am-2pm	13 Varsity 8-10:30am  GREEN & WHITE NIGHT all teams 5:00pm	14 Varsity 8am-Noon  9 <sup>th</sup> & 10 <sup>th</sup> Grade 8am-	15
16 Varsity 8-10:30am Varsity 5-7:00pm  9 <sup>th</sup> & 10 <sup>th</sup> 4:00	17 Varsity 8-10:30am Varsity 5-7:00pm  9 <sup>th</sup> & 10 <sup>th</sup> 4:00	18 Varsity 8-10:30am Varsity 5-7:00pm  9 <sup>th</sup> & 10 <sup>th</sup> 4:00	19 Scrimmage vs Howell at LO Fresh/JV 10:00 AM  Varsity - 5:00 PM	20 8am Varsity  9 <sup>th</sup> & 10 <sup>th</sup> – 4:00pm	21  Practices TBD by head coaches	22
23  All Teams 4:00pm	24  All Teams 4:00pm	25  All Teams 4:00pm	26 Varsity practice 4pm 9 <sup>th</sup> Grade @ Oxford 10 <sup>th</sup> Grade @ Oxford	27 Varsity vs Oxford 7pm  9 <sup>th</sup> & 10 <sup>th</sup> Grade 4:00pm	28 All Teams 8:00am	29
30	31	9 <sup>th</sup> & 10 <sup>th</sup> Grade players are to bring a lunch with them during 2-A-Days Practice for their lunch break between practices.  Junior Varsity games after 9 <sup>th</sup> Grade games finish				

# September 2010 Lake Orion Dragons Football

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 9 <sup>th</sup> Grade Game 4pm 10 <sup>th</sup> Grade Game vs Rochester  Varsity Practice 4pm	2 9 <sup>th</sup> & 10 <sup>th</sup> Grade Practice 3:30pm  Varsity Game 7pm @ Rochester High	3 Varsity Pool Workout and Film 8:00am	4	5
6  LABOR DAY  All team practice 4:00pm	7  1 <sup>st</sup> Day of School  9 <sup>th</sup> & 10 <sup>th</sup> Grade 4pm Varsity 4:30pm	8  9 <sup>th</sup> & 10 <sup>th</sup> Grade 4pm Varsity 4:30pm	9 9 <sup>th</sup> Grade Game 4pm 10 <sup>th</sup> Grade Game vs Pontiac  Varsity Practice 4pm	10 9 <sup>th</sup> & 10 <sup>th</sup> Grade Practice 3:30pm  Varsity Game 7pm @ Pontiac	11  All Teams Practice 8am	12
13  Practice & Game Schedules typical of previous week.	14	15	16  Academic Eligibility Card is to be filled out and turned in every Thursday.	17	18	19
20	21	22	23	24	25	26
27	28	29	30			