

SCHEDULE OF EVENTS

JUNE 2009

• MAY 27TH WEDNESDAY

FOOTBALL PHYSICALS
P.O.H. WILL BE HOLDING
ATHLETIC PHYSICALS @ LOHS
FOR THE 2008/2009 SCHOOL
YEAR FOR \$20 (4PM — 7PM)
(T-shirt included in price)

LAKE ORION DRAGONS FOOTBALL

- **June 15th Strength & Conditioning**
Veteran's Strength & Conditioning
 Players **entering the 10th, 11th, and 12th grade** will lift at 7:00 - 9:30 AM typically Mon, Tues, Thurs, and Friday.
Rookie Strength & Conditioning
 Players **entering the 9th grade** will typically lift on Monday and Friday @ 9:00 - 10:00AM.

- **June 18th LO FOOTBALL ACADEMY**
 The LO Football Academy is a 2 hour session where players will focus on learning the skills and techniques specific to their offensive and defensive position. (8:00am)

- **June 19th GOLF OUTING**
 Seniors are asked to help load golf bags on to carts as golfers pull into the parking lot to take part in our annual fundraiser. (Paint Creek Country Club @ 8:00am)

- **June 25th LO FOOTBALL ACADEMY**
- **June 25th @ 11:00AM Varsity 7 on 7**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MAY 27th PHYSICALS @ LOHS for \$20	1 Current 9th – 12th graders lift @ 6:00am	2 Current 9th – 12th graders lift @ 6:00am	3	4 Current 9th – 12th graders lift @ 6:00am	5 Current 9th – 12th graders lift @ 6:00am	6
7	8 NO LIFTING STUDY FOR EXAMS & REST	9 NO LIFTING STUDY FOR EXAMS & REST	10 NO LIFTING STUDY FOR EXAMS & REST	11 NO LIFTING STUDY FOR EXAMS & REST	12 LAST DAY OF SCHOOL FOR STUDENTS	13
14	15 Veteran Lift 7am Rookie Lift 9am	16 Veteran Lift 7am	17	18 Vets Lift AM LO Academy - 8:00 - 10:00	19 Veteran Lift 7am Rookie Lift 9am GOLF OUTING Paint Creek Country Club	20 VARSITY 7on7 @ M.S.U.
21 Father's Day	22 Veteran Lift 7am Rookie Lift 9am	23 Veteran Lift 7am	24	25 Vets Lift AM LO Academy - 8:00 - 10:00 <i>Varsity 7on7 vs Avondale 11:00AM</i>	26 Vets Lift 7am Rookie Lift 9am	27
28	29 Veteran Lift 7am Rookie Lift 9am	30 Veteran Lift 7am				

Varsity Head Coach—Chris Bell

Office - (248) 693 - 5420
 Home - (248) 391– 2614
 Cell - (248) 343 - 2493

Dragon Strength Coach

Varsity O-Line - Jason Larsen
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 Cell - (248) 736 - 2351

JV Head Coach—Ron Sliwinski

248-693-5420 x6756

MAY 2009

SCHEDULE OF EVENTS

LAKE ORION DRAGONS FOOTBALL

- **Strength & Conditioning**

Current 9th, 10th, & 11th Grade students-athletes will continue the 6 AM workouts that have been going on all winter (Monday, Tuesday, Thursday and Friday).

If you have been involved in a winter/spring sport and that season has concluded now is the time to get a head start on you summer strength & conditioning.

- **MAY 27TH PHYSICALS**

P.O.H. WILL BE GIVING ATHLETIC PHYSICALS @ LOHS (4PM-7PM) FOR THE 2009/2010 SCHOOL YEAR FOR \$20. (PRICE INCLUDES A LAKE ORION ATHLETICS T-SHIRT)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 MEMORIAL DAY NO SCHOOL	26	27 P.O.H. Athletic Physicals @ LOHS	28	29	30

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- **July 3rd—July 12th DEAD PERIOD**
The MHSAA mandatory “Summer Dead Period” is a 7 consecutive day period in which no school sponsored athletic activity can take place. We chose to have our 10 day dead period in correlation with the 4th of July Holiday. Enjoy the time off and away, but this is a time that **Champions** will continue to work on their own so that they take a step forward ahead of those who do nothing for 10 days.

- **July 14th & 15th MIDDLE SCHOOL CAMP**

This camp is for kids who will be in Middle School during the 2009/2010 school year. We encourage Varsity players to help work this camp.

- **July 16th LO FOOTBALL ACADEMY**
- **July 16th VARSITY 7on7 vs Walled Lake Central at LOHS (10:30am)**

- **July 20, 21, 22 ORION TEAM CAMP (8:00-11:30am)** Varsity players will learn skills and schemes for the upcoming season.

(4:00-7:30pm) Freshmen & J.V. players will work with their coaches as well as the varsity coaches to learn the skills and schemes for the upcoming season.

- **July 23rd LO FOOTBALL ACADEMY**
- **July 23rd VARSITY 7on7 vs Warren DeLaSalle at LOHS (10:30am)**

JULY 2009

LAKE ORION DRAGONS FOOTBALL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Veteran Lift 7am Rookie Lift 9am	3 DEAD PERIOD	4 DEAD PERIOD
5 DEAD PERIOD	6 DEAD PERIOD	7 DEAD PERIOD	8 DEAD PERIOD	9 DEAD PERIOD	10 DEAD PERIOD	11 DEAD PERIOD
12 DEAD PERIOD	13 Veteran Lift 7am Rookie Lift 9am	14 Veteran Lift 7am MIDDLE SCHOOL CAMP 8-11AM	15 MIDDLE SCHOOL CAMP 8-11AM	16 Veteran Lift 7am Academy - 8:00-10:00 am Varsity 7on7 vs WLC 10:30	17 Veteran Lift 7am Rookie Lift 9am	18 Varsity 7 on 7 @ South Lyon High
19	20 TEAM CAMP Varsity 8-11:30 9th/10th GRADE 4-7:30 PM	21 TEAM CAMP Varsity 8-11:30 9th/10th Grade 4-7:30 PM	22 TEAM CAMP Varsity 8-11:30 9th/10th Grade 4-7:30 PM	23 Academy - 8:00-10:00 am Varsity 7on7 Vs DeLaSalle 10:30am	24 Veteran Lift 7am Rookie Lift 9am	25
26	27 Veteran Lift 7am Rookie Lift 9am	28 Veteran Lift 7am	29	30 Veteran Lift 7am	31 Veteran Lift 7am Rookie Lift 9am	

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- **August 6th Equipment Issue and Parent Meeting**

Players will be fitted and issued their equipment while parents attend a mandatory meeting with their son's head coach. Physicals, Emergency Card, and Athletic Code of Conduct must be completed and turned in.

Varsity - 5:30pm
J.V. - 6:30pm
Freshmen - 7:30pm

- **AUGUST 10th FIRST DAY OF PRACTICE....8:00am SHARP!**

Players must have an updated physical and emergency card on file in the Athletic Dept. office! Players are to wear football cleats, helmets, green, white, black, or grey shorts along with the practice jersey issued on Aug. 7th. Whistle blows at 8:00 for warm up!

9th & 10th Grade Practice Schedule

Practice #1 = 8:00-10:30am
Lunch at School (no one goes home)
Practice #2 = 12:00-2:00pm

Varsity Practice Schedule

Practice #1 = 8:00-10:30am
Practice #2 = 5:00-7:00pm
(Possible meetings between practices)

- **August 13th 1st Day of Pads**

- **August 14th GREEN & WHITE NIGHT**

Intra-Squad scrimmages to follow team and individual pictures.
Freshmen - 5:30, JV - 6:30, Varsity - 7:30

- **August 20th Scrimmage @ Holt**

- **August 24th-28th GAME WEEK!**

AUGUST 2009

LAKE ORION DRAGONS FOOTBALL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Veteran Lift 7am Rookie Lift 9am	4 Veteran Lift 7am Mom's Football 101 Camp	5	6 Equipment Issue & Parent Meeting. (Required)	7	8 PEPP & Player STADIUM-CLEAN UP
9	10 1st Day of Practice!!!! 8am SHARP!	11 2-A-Days	12 2-A-Days	13 1st Day of Pads 2-A-Days	14 GREEN & WHITE NIGHT	15
16	17 2-A-Days	18 2-A-Days	19 2-A-Day or 1-A-Day TBD by head coaches	20 SCRIMMAGE @ HOLT	21 Practice TBD by Head Coaches	22
23	24 Regular Practice Schedule starts Fr/JV - Varisty - 4:30	25 Fr/JV - Varisty - 4:30	26 Fr/JV - Varisty - 4:30	27 Fr/JV— Varsity —4:30	28 GAME #1 @ EMU vs Hudsonville 8:00 pm Fr/JV games will be at Saline H.S. @ 5:00 pm	29 Fresh./JV 8am Varsity in pool @ 9am
30	31 Practice normal time					

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SEPTEMBER 2009

LAKE ORION DRAGONS FOOTBALL

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- Date — Describe an upcoming event in detail here. You may want to include the time and location or give a special phone number where readers can reach a contact person for more information.
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	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
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