

SPENCERPORT RANGERS FOOTBALL CALENDAR OF EVENTS

AUGUST – DECEMBER 2010

COACH DOWD – jdowd@spencerportschools.org

August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 *JV/Var Equip Handouts 3:30-5:30 PM Equip Shed Summer workouts continue 9 th -12 th M,W,F 6-8 PM Mods. Tu/Th 6-8 PM (Varsity Makeups)	3	4 *JV/Varsity Equip Handouts 3:30- 5:30 PM Equip Shed	5	6	7
8	9 VACATION WEEK / NO WORKOUTS	10	11	12	13	14
15 ALL Coaches Planning Meeting 1PM	16 Frosh/Mod Recerts 8-11AM SCS Coaches Meeting 8-10AM 1 st JV/Varsity Practice 3:30- 8:00 PM	17 IMPACT test JV/Var 1:30-2:30 PM JV/Varsity Practice 3:30- 8:00 PM	18 Makeup IMPACT test 1:30-2:30 PM JV/Varsity Practice 3:30- 8:00 PM	19 JV/Varsity Practice 3:30-8:00 PM	20 JV/Varsity Morning Practice 8:00 AM -12:45PM *Frosh equip handouts 8-10 AM Equip Shed	21 JV/Varsity Morn. Pract./ Scrimmage 8:00 AM -11:30 PM Can drive 12-3 PM *Frosh equip handouts 8-10 AM Equip Shed
22	23 JV/Varsity Morning Practice 8:00 AM -12:45 PM 1 st Frosh Pract. 8:00AM-12:45 PM Frosh Impact Testing 1-2 PM	24 Frosh/JV/Varsity Morning Practice 8:00 AM -12:45PM <i>Frosh Makeup Impact Testing</i> <i>1-2 PM</i>	25 Frosh/JV/Varsity Morning Practice 8:00 AM -12:45PM	25 Frosh/JV/Varsity Morning Practice 8:00 AM -12:45PM	27 Frosh/JV/Varsity Morning Practice 8:00 AM -12:45PM	28 JV/Varsity Scrimmage @ Pittsford 8:00AM-1:00 PM Team Picnic to follow 1PM-? (dish to pass) Frosh Practice 8:00 AM -12:45PM
29	30 Frosh/JV/Varsity Morning Practice 8:00 AM -12:45PM	31 Frosh/JV/Varsity Morning Practice 8:00 AM -12:45PM *Frosh/JV/Var. SSBC Pre-Season Dinner & Parents meeting 5:30PM @ HS				

September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1 <i>Frosh. Pract. 12:30PM-5:15PM to accommodate orientation</i></p> <p>Mod. B1 Equip. Handout 10AM-12PM</p> <p>Normal pract. times begin for JV/Var. 3:15-5:45</p>	<p>2 Frosh Pract. 8AM-12:45PM</p> <p>Mod. B-2 Equip. Handout 10AM-12PM</p> <p>JV/Varsity Practice 3:15-5:45 (5:30 Var.)</p> <p>Var. Team Dinner 6PM</p>	<p>3 Frosh Practice 8:00AM-12:45PM JV Pract. 3:15-5:45 Varsity Home Opener vs. Irondequoit 7PM</p>	<p>4 JV @ Irondequoit 9AM Frosh Practice 8:00AM-12:45PM</p>
5	<p>6 Labor Day Frosh/JV/Varsity Practice 5:00-8:00 PM *mandatory</p>	<p>7 Mod Impact Test 2-3 PM</p> <p>Frosh/JV/Varsity Practice 3:15-5:45</p> <p>1st Mod. Football Pract. 3:45-5:45</p>	<p>8 First Day of School Normal Prat. Times Begin (Frosh-Var. 3:15-5:45 & Mod. 3:45-5:45)</p> <p>Mod Makeup Impact Test after practice</p> <p>JV vs. Hilton 4:30 PM *Varsity Only Morn. Lift moved to Thurs.</p>	<p>9 Mod/Frosh/Var. Normal Pract. Times Var. Team Dinner 6PM *Var. Only Morn. Lift 6:15-7:05</p>	<p>10 Mod/Frosh/JV Normal Pract. Times Varsity @ Hilton 7PM</p>	<p>11 Mod. Pract. 8:00AM-10:30PM</p>
12	<p>13 Normal Pract. Times *Varsity Only Morn. Lift 6:15-7:05</p>	<p>14 Normal Pract. Times</p>	<p>15 Normal Pract. Times JV @ Churchville 4:30 PM *Varsity Only Morn. Lift 6:15-7:05</p>	<p>16 Mod/Frosh/JV Normal Pract. Times</p>	<p>17 Normal Pract. Times Var. Team Dinner 6PM</p>	<p>18 Mod. Pract. 8:00AM-10:30PM Var. vs. Churchville 2 PM Homecoming</p>
19	<p>20 Normal Pract. Times *Varsity Only Morn. Lift 6:15-7:05</p>	<p>21 Normal Pract. Times</p>	<p>22 Normal Pract. Times *Varsity Only Morn. Lift 6:15-7:05</p>	<p>23 Mod/Frosh/JV Normal Pract. Times</p>	<p>24 Normal Pract. Times JV vs. Marshall 4:30 PM Var. Team Dinner 6PM</p>	<p>25 Varsity @ Marshall 1:00 PM</p>
26	<p>27 Normal Pract. Times *Varsity Only Morn. Lift 6:15-7:05</p>	<p>28 Normal Pract. Times</p>	<p>29 Normal Pract. Times *Varsity Only Morn. Lift 6:15-7:05</p>	<p>30 Mod/Frosh/JV Normal Pract. Times JV vs. Brockport 4:30 PM Var. Team Dinner 6PM</p>		

October 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Mod/Frosh/JV Normal Pract Times Varsity @ Brockport 7PM	2
3	4 Normal Pract. Times *Varsity Only Morn. Lift 6:15-7:05	5 Normal Pract. Times	6 Normal Pract. Times *Varsity Only Morn. Lift 6:15-7:05	7 Mod/Frosh/JV Normal Pract Times JV @Gates 4:30 PM Var. Team Dinner 6PM	8 Mod/Frosh/JV Normal Pract Times Varsity vs. Gates 7PM Sr. Night / Youth Football Night KISS 106.7 Intense Milk Challenge	9
10	11 All Teams Early Practice – Columbus day 8:00-11:00AM	12 Normal Pract. Times	12 Normal Pract. Times *Varsity Only Morn. Lift 6:15-7:05	14 Mod/Frosh/Var. Normal Practice Times JV vs.Thomas 4:30 PM Var. Team Dinner 6PM TBD	15 Mod/Frosh/JV Normal Pract Times Sectional Quarterfinals or practice TBD	16 Sectional Quarterfinals TBD
17	18 Normal Pract. Times *Varsity Only Morn. Lift 6:15-7:05	19 Normal Pract. Times	20 Normal Pract. Times *Varsity Only Morn. Lift 6:15-7:05	21 Mod/Frosh/Var. Normal Pract. Times JV @ East Iron. 4:30 PM Var. Team Dinner 6PM TBD	22 Mod/Frosh JV Normal Practice Times Sectional Semifinals or practice TBD	23 Sectional Semifinals or practice TBD
24 Sectional Semifinals TBD	21 Normal Pract. Times *Varsity Only Morn. Lift 6:15-7:05	22 Normal Pract. Times	23 Normal Pract. Times *Varsity Only Morn. Lift 6:15-7:05	28 Normal Pract. Time	29 Normal Pract. Time	30 Practice – Time TBD Var. Team Dinner 6PM

November 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Oct -31 Sectional Finals 6PM	1 Normal Pract. Times *Varsity Only Morn. Lift 6:15-7:05	2 Normal Pract. Times	3 Normal Pract. Times *Varsity Only Morn. Lift 6:15-7:05	4 Normal Pract. Time	5 Normal Pract. Time Var. Team Dinner 6PM	6 Play in game 6PM
7	8 Normal Pract. Times *Varsity Only Morn. Lift 6:15-7:05	9 Normal Pract. Times	10 Normal Pract. Times *Varsity Only Morn. Lift 6:15-7:05	11 Early Practice – Veterans Day Pract 8:00-11:00 AM	12 Normal Pract. Time Var. Team Dinner 6PM	13 State Quarterfinals 6PM
14	15 Normal Pract. Times *Varsity Only Morn. Lift 6:15-7:05	16 Normal Pract. Times	17 Normal Pract. Times *Varsity Only Morn. Lift 6:15-7:05	18 Normal Pract. Time Var. Team Dinner 6PM TBD	19 Normal Pract. Time Var. Team Dinner 6PM TBD *Coaches Scout	20 State Semifinals 6 PM *Coaches Scout
21	22 Normal Pract. Times *Varsity Only Morn. Lift 6:15-7:05	23 Normal Pract. Times	24 Normal Pract. Times *Varsity Only Morn. Lift 6:15-7:05	25 Thanksgiving Day – No Practice	26 Practice – Time TBD	27 Practice – Time TBD
28 State Championship TBD	29	30				

December 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Frosh, JV/Var. Banquet @ Lodge on the Green 6-9 PM *Dinner/Awards/ Highlight Film	3	4
5	6 After School Workouts begin 1 week after end of season, hopefully in Dec. Frosh/JV/Var. M,W,F 3:30-4:30 Mod. M, W, Th during activity period	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	