

							Participation Key:				
							ALL Squads	Varsity Only (V-)	JV Only (JV-)	Frosh Only (F-)	
Nov-09											
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
11/1/2009	11/2/2009	11/3/2009	11/4/2009	11/5/2009	11/6/2009	11/7/2009					
	7pm-PAC Meeting					6pm- Coaches Dinner					
		3-9 Workouts-Aux		3-9 Workouts-Aux		9-2:30 Workouts					
	3-4:30 Conditioning		3-4:30 Conditioning								
11/8/2009	11/9/2009	11/10/2009	11/11/2009	11/12/2009	11/13/2009	11/14/2009					
	1-6 Workouts-Aux		5-8 Workouts-Aux			10-2 Workouts-Aux					
		3-4:30 Conditioning		3-4:30 Conditioning		12-2 Workouts					
11/15/2009	11/16/2009	11/17/2009	11/18/2009	11/19/2009	11/20/2009	11/21/2009					
		5:45 AM-7:00 AM Main-V	5:45 AM-7:00 AM Main-V								
	3-5 Main-V	3-5 Aux-F	3-5 Aux-JV	3-5 Aux-JV	3-5 Main-V	9-11 Main-JV					
	5-7 Main-F	5-7 Main-V	5-7 Main-V	5-7 Main-V	5-7 Main-JV	11-1 Main-V					
	7-9 Main-JV	7-9 Main-JV	7-9 Main-F	7-9 Main-F	5-7 Aux-F	11-1 Aux-F					
	First Day of Practice		5:45 AM-7:00 AM Aux-F	Varsity Parent Meeting @ 7:30							
11/22/2009	11/23/2009	11/24/2009	11/25/2009	11/26/2009	11/27/2009	11/28/2009					
						JV-V Scrimmage @ Pickney					
	3-5 Aux-JV	3-5 Aux-F	11-1 Main-F		1-3 Main-V						
	5-7 Aux-F	5-7 Main-V	1-3 Main-V		3-5 Main-JV	11-1 Main-F					
	5-7 Main-V	7-9 Main-JV	1-3 Aux-JV		3-5 Aux-F						
	Parent Meeting (JV-6:30);(Frosh 7:30)			Thanksgiving							
Sunday	Monday										
11/29/2009	11/30/2009										
	3-5 Main-V										
	5-7 Aux-JV										
	7-9 Aux-F										

				Participation Key:			
				ALL Squads	Varsity Only (V-)	JV Only (JV-)	Frosh Only (F-)
DEC-09							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		12/1/2009	12/2/2009	12/3/2009	12/4/2009	12/5/2009	
							JV-V Scrimmage
		3-5 Aux-F	3-5 Aux-V	5-7 Main-V	3-5 Main-V		@ Dakota
		5-7 Main-V	5-7 Aux-JV	7-9 Main-F	3-5 Aux-F		F Scrimmage
		7-9 Main-JV	7-9 West-AUX F	5-7 Aux-JV	5-7 Aux-JV		@ Adams
12/6/2009	12/7/2009	12/8/2009	12/9/2009	12/10/2009	12/11/2009	12/12/2009	
		GAME DAY			GAME DAY		
		at Ferndale-V/JV/F	5-7 Main-V	3-5 Aux-V	Eisenhower-V/JV	12-2 Main-JV	
	3-5 Main-V		3-5 Aux-F	5-7 Aux-JV	No game-F	11-1 Aux-F	
	5-7 Main-JV		7-9 Aux-JV	7-9 Aux-F	3-5 Aux-F		
	7-9 Main-F						
12/13/2009	12/14/2009	12/15/2009	12/16/2009	12/17/2009	12/18/2009	12/19/2009	
	GAME DAY				GAME DAY		
	F Game @ Rice	3-6 Oakland V	5-7 Main V	3-5 Main-V	Notre Dame Prep F/JV/V		
1-3 Main-V		3-4:30 Main-JV	3-5 Aux-JV	3-5 Aux-F			
	5-7 Main-JV	6:30-8:30 Aux-F	7-9 Aux-F	5-7 Aux-JV			
	3-5 Main-V						
							OFF
12/20/2009	12/21/2009	12/22/2009	12/23/2009	12/24/2009	12/25/2009	12/26/2009	
1-3 Main-V	3-5 Main-JV	11-1 Main-F	11-1 Main-F				
	1-3 Main-V	1-3 Main-V	1-3 Main-V				
	9-11 Aux-F	3-5 Main-JV	9-11 Aux-JV				
				OFF	OFF	OFF	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
12/27/2009	12/28/2009	12/29/2009	12/30/2009	12/31/2009			
	9-11 Main-JV	11-1 Main V	9-11 Main-JV				
	11-1 Main-V	1-3 Main F	11-1 Main-V				
	11-1 Aux-F	11-1 Aux-JV	9-11 Aux-F				
2-4 Main-V-Alumni Game				OFF			

				Participation Key:			
				ALL Squads	Varsity Only (V-)	JV Only (JV-)	Frosh Only (F-)
JAN-10							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					1/1/2010	1/2/2010	
					OFF	OFF	
1/3/2010	1/4/2010	1/5/2010	1/6/2010	1/7/2010	1/8/2010	1/9/2010	
		GAME DAY			GAME DAY		
11-1 Aux-JV	3-5 Main-V	at Rochester V/JV/F	6-8 Oakland - V	3-5 Main-V	at Stoney V/JV/F	9-11 Aux-JV	
1-3 Aux-F	5-7 Aux-F		7:30-9 Aux-F	5-7 Main-JV		11-1 Aux-F	
1-3 Main V	5-7 Main-JV		6:30-8:30 VH-JV	7-9 Main-F			
1/10/2010	1/11/2010	1/12/2010	1/13/2010	1/14/2010	1/15/2010	1/16/2010	
					GAME DAY		
1-3 Main-V	5-7 Main-V		5-7 Main-V	3-5 Main-V	Athens V/JV		
	7-9 Main JV		7-9 Main-F	7-9 Main-JV	@ Athens-F		
	7-9 Aux-F		3-5 Aux-JV	5-7 Aux-F			
		3 on 3 Tournament					
1/17/2010	1/18/2010	1/19/2010	1/20/2010	1/21/2010	1/22/2010	1/23/2010	
		GAME DAY		GAME DAY	GAME DAY		
1-3 Main-V	11-1 Main-V	at Troy V/JV	5-7 Main V	Rochester-F	Rochester @ OU-V	11-1 Main-F	
	1-3 Main-F	Troy-F	7-9 Main-F	Rochester-JV	3-5 Aux-F		
	3-5 Main-JV		3-5 Aux-JV	3-5 Main-V	3-5 Main-JV		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1/24/2010	1/25/2010	1/26/2010	1/27/2010	1/28/2010	1/29/2010	1/30/2010	
	GAME DAY			GAME DAY			
1-3 Main-V	Southfield-V/JV	3-5 Main-V	11:30-1:30 Main-V	at Lake Orion V/JV/F	11:30-1:30 Main-V	11-1 Main-F	
1-3 Aux-JV	@ Southfield-F	3-5 Aux-JV	1:30-3:30 Main-F		1:30-3:00 Main-F	9-11 Aux-JV	
		5-7 Aux- F	3:30-5:30-Main-JV	11:30-12:30 Main-V	3-5 Main-JV		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1/31/2010							
1-3 Main-V							

				Participation Key:			
				ALL Squads	Varsity Only (V-)	JV Only (JV-)	Frosh Only (F-)
FEB-10							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		GAME DAY			GAME DAY		
	5-7 Main-V	at Berkley-V/JV	5-7 Main-V	3-5 Main-V	Stoney Creek-V/JV	11-1 Main-F	
	3-5 Aux-F	Berkley-F	7-9 Main-JV	5-7 Aux-JV	@Stoney Creek-F	9-11 Aux-JV	
	7-9 Aux-JV		3-5 Aux-F	7-9 Main-F			
2/14/2010	2/15/2010	2/16/2010	2/17/2010	2/18/2010	2/19/2010	2/20/2010	
		GAME DAY			GAME DAY		
1-3 Main-V	5-7 Main-V	at Athens V/JV	6-8 Oakland-V	3-5 Main-V	Troy-V/JV	11-1 Main-JV	
	7-9 Main-F	Athens-F	7:30-9 Aux-JV	9-11 Main-JV	@Troy-F	11-1 Aux F	
	3-5 Aux-JV		4:30-6 Aux-F	11-1 Main-F			
					JV Parent Night		
2/21/2010	2/22/2010	2/23/2010	2/24/2010	2/25/2010	2/26/2010	2/27/2010	
		GAME DAY			GAME DAY		
1-3 Main-V	3-5 Main-V	at Clarkston V/JV	5-7 Main-V	3-5 Main-V	Berkley- V/JV	11-1 Main-F	
	5-7 Aux- JV	Clarkston-F	7-9 Main-JV	7-9 Main-JV	@ Berkley-F	9-11 Aux-JV	
	7-9 Aux-F		7-9 Aux-F	5-7 Aux F			
					Varsity Parent Night		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
2/28/2010							
1-3 Main-V							

				Participation Key:			
				ALL Squads	Varsity Only (V-)	JV Only (JV-)	Frosh Only (F-)
MAR-09							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	3/1/2010	3/2/2010	3/3/2010	3/4/2010	3/5/2010	3/6/2010	
		GAME DAY		GAME DAY			
		Lake Orion V/JV/F		at Seaholm V/JV			
				Seaholm-F			
		V Senior Night					
3/7/2010	3/8/2010	3/9/2010	3/10/2010	3/11/2010	3/12/2010	3/13/2010	
	Districts		Districts		Districts		
3/14/2010	3/15/2010	3/16/2010	3/17/2010	3/18/2010	3/19/2010	3/20/2010	
	Regionals		Regionals				
3/21/2010	3/22/2010	3/23/2010	3/24/2010	3/25/2010	3/26/2010	3/27/2010	
		Quarterfinals			Semi-Finals	State Finals	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
3/28/2010	3/29/2010	3/30/2010	3/31/2010				
	Banquet						