

# July 2010

| Sunday                                 | Monday                          | Tuesday                                    | Wednesday                       | Thursday | Friday                | Saturday                                |
|--|---------------------------------|--|---------------------------------|----------|-----------------------|---|
|  |                                 |  |                                 | 1        | 2                     | 3<br>Happy Birthday<br>Coach Shanel!!!! |
| 4<br>Happy 4 <sup>th</sup> of<br>July! | 5                               | 6  | 7<br>Practice - Track<br>6 - 9  | 8        | 9                     | 10<br>Car Wash @ WCB<br>11 to 4         |
| 11                                     | 12<br>Practice - Track<br>6 - 9 | 13<br>**Optional<br>Conditioning<br>6 to 7 | 14<br>Practice - Track<br>6 - 9 | 15       | 16                    | 17                                      |
| 18                                     | 19<br>Practice - Track<br>6 - 9 | 20<br>**Optional<br>Conditioning<br>6 - 7  | 21<br>Practice - Track<br>6 - 9 | 22       | 23<br>UCA Camp<br>OSU | 24<br>UCA Camp<br>OSU                   |
| 25<br>UCA Camp<br>OSU                  | 26<br>UCA Camp<br>OSU           | 27<br>**Optional<br>Conditioning<br>6 - 7  | 28<br>Practice - Track<br>6 - 9 | 29       | 30                    | 31                                      |

# August 2010

| Sunday | Monday   | Tuesday  | Wednesday                         | Thursday | Friday  | Saturday  |
|--------|--|--|-----------------------------------|----------|---|---|
| 1      | 2<br><b><u>CHEER FEE</u></b><br><b><u>DUE</u></b><br><br>No Practice | 3  | 4<br>No Practice                  | 5        | 6   | 7   |
| 8      | 9<br>Cheer Practice<br>6-9 GYM                                       | 10<br>**Optional<br>Conditioning<br>6-7              | 11<br>Cheer Practice<br>6-9 Track | 12       | 13<br>Photo shoot all<br>squads @ Wallace<br>4:00 | 14  |
| 15     | 16<br>Cheer Practice<br>6-9 Track                                    | 17<br>**Optional<br>Conditioning<br>6-7              | 18<br>Cheer Practice<br>6-9 GYM   | 19       | 20  | 21  |
| 22     | 23<br>Cheer Practice<br>6-9 GYM                                      | 24<br>**Optional<br>Conditioning<br>6-7<br>Upper Gym | 25<br>Cheer Practice<br>6-9 GYM   | 26       | 27  | 28<br>Football<br>Scrimmage<br>@ West BBQ<br>9:30 ✓ |
| 29     | 30<br>Cheer Practice<br>6-9 GYM                                      | 31<br>**Optional<br>Conditioning<br>6-7<br>Upper gym |                                   |          |   |   |