

# May

Sun

Mon

Tue

Wed

Thu

Fri

Sat

WHATEVER YOUR 100% LOOKS LIKE, GIVE IT

THE WILL TO WIN IS IMPORTANT. THE WILL TO PREPARE IS VITAL

1

2

3

4

5

6

7  
Seniors/  
Letterwinners  
Draft  
Summer Teams  
7:30 a.m.

8

9

10

11

Weight Room  
Testing  
(all week)

12

13

14

15

16

17

18  
Weight Room  
Testing  
(all week)

19

20

21

22

23

24

25  
Weight Room  
Testing  
(all week)

26

27

28

29

30

2009

# June

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>	
<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> <b>Last Day School</b>	<b>6</b>	
<b>7</b>	<b>8</b> Start weight lifting 3x week	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	
<b>14</b>	<b>15</b>	<b>16</b> Open Gym - TBD	<b>17</b>	<b>18</b> Open Gym - TBD	<b>19</b>	<b>20</b>	
<b>21</b>	<b>22</b>	<b>23</b> Open Gym - HS 9:30-11 a.m.	<b>24</b> <b>League Night 6- 8:30 p.m.</b>	<b>25</b> Open Gym - HS 9:30-11 a.m.	<b>26</b>	<b>27</b>	
<b>28</b>	<b>29</b>	<b>30</b> Open Gym - HS 9:30-11 a.m.	<b>Whether you think you can or you can't, you're right</b>				
<b>If you truly invest yourself in a team, you guarantee yourself a return on your investment, and that's a big competitive advantage over other less-committed teams</b>			<b>2009</b>				

# July

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<p>Coming together is a beginning.            Keeping together is progress.            Working together is success.</p>			<b>1</b> <b>League Night</b> <b>6-8:30 p.m.</b>	<b>2</b> Open Gym - HS 9:30-11 a.m.	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b> Open Gym - HS 9:30-11 a.m.	<b>8</b> <b>League Night</b> <b>6 - 8:30 p.m.</b>	<b>9</b> Open Gym - HS 9:30-11 a.m.	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b> Open Gym - HS 9:30-11 a.m.	<b>15</b> <b>League Night</b> <b>6 - 8:30 p.m.</b>	<b>16</b> Open Gym - HS 9:30-11 a.m.	<b>17</b>	<b>18</b> <b>UNI Team</b> <b>Tourney</b> <b>2 teams</b>
<b>19</b>	<b>20</b>	<b>21</b> Open Gym - HS 9:30-11 a.m.	<b>22</b> <b>League Night</b> <b>6 - 8:30 p.m.</b>	<b>23</b> Open Gym - HS 9:30-11 a.m.	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b> <b>IA State &amp;</b> <b>Marshaltown</b> <b>Team</b> <b>Workout -</b> <b>TBD</b>	<b>29</b>	<b>30</b> <b>IA State &amp;</b> <b>Marshaltown</b> <b>Team</b> <b>Workout -</b> <b>TBD</b>	<b>31</b> <b>Possible</b> <b>Team</b> <b>Day</b>	

2009

# August

	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
The strength of the team is each individual member...the strength of each member is the team.						<b>1</b> <b>IA State Team Camp</b> <b>2 Teams</b>
						<b>8</b>
<b>2</b> <b>IA State Team Camp</b> <b>2 Teams</b>	<b>3</b> <b>Possible Team Day</b>	<b>4</b> <b>Marshalltown Camp</b> <b>2 Teams</b>	<b>5</b> <b>Marshalltown Camp</b> <b>2 Teams</b>	<b>6</b>	<b>7</b>	
<b>9</b>	<b>10</b> <b>Practice</b> <b>7:30 – 8:30</b> <b>2:30 – 4:00</b> <b>help</b> <b>TIGER CAMP</b>	<b>11</b> <b>Practice</b> <b>7:30 – 8:30</b> <b>2:30 – 4:00</b> <b>help</b> <b>TIGER CAMP</b>	<b>12</b> <b>Practice</b> <b>7:30 – 8:30</b> <b>2:30 – 4:00</b> <b>help</b> <b>TIGER CAMP</b>	<b>13</b> <b>Practice</b> <b>7:30 – 8:30</b> <b>2:30 – 4:00</b> <b>help</b> <b>TIGER CAMP</b>	<b>14</b> <b>Practice</b> <b>7:30 – 10:00</b>	<b>15</b>
<b>16</b>	<b>17</b> <b>Practice</b> <b>7:30 – ?</b> <b>Mile run</b> <b>3:30 – 6:00</b>	<b>18</b> <b>Practice</b> <b>7:30 – ?</b> <b>Swim</b> <b>3:30 – 6:00</b>	<b>19</b> <b>Practice</b> <b>7:30 – ?</b> <b>Dome Stairs</b> <b>3:30 – 6:00</b>	<b>20</b> <b>Practice</b> <b>7:30 – ?</b> <b>Bike Ride</b> <b>3:30 – 6:00</b>	<b>21</b> <b>Practice</b> <b>3:30 – 6:00</b> <b>TEAM PICTURES</b>	<b>22</b>  Scrimmage? 10-12 9-11 a.m.
<b>23</b>	<b>24</b>  <b>Practice</b> <b>3:30 – 6:00</b>	<b>25</b>  <b>Practice</b> <b>3:30 – 6:00</b>	<b>26</b> <b>1<sup>st</sup> Day School</b> <b>Practice</b> <b>3:30 – 6:00</b>	<b>27</b>  <b>Practice</b> <b>3:30 – 6:00</b>	<b>28</b>  <b>Practice</b> <b>3:30 – 6:00</b>	<b>29</b>  Scrimmage? 10-12 9-11 a.m.
<b>30</b>	<b>31</b>  <b>Practice</b> <b>3:30 – 6:00</b>	PLAY LIKE A TIGER!!!				

# 2009

# September

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		<b>1</b> Sophs at CR Washington 5:00	<b>2</b> Practice 3:30-6:00	<b>3</b> Practice 3:30-6:00	<b>4</b> Practice 3:30-6:00	<b>5</b> Varsity at Ames JV at Osage
<b>6</b>	<b>7</b> Labor Day Practice 3:30-6:00	<b>8</b> HOME Wloo West Soph, JV, V	<b>9</b> Practice 3:30-6:00	<b>10</b> Practice 3:30-6:00	<b>11</b> Practice 3:30-6:00	<b>12</b> Varsity at Osage Sophs CR Prairie
<b>13</b>	<b>14</b> Practice 3:30-6:00	<b>15</b> AWAY CR Prairie Soph, JV, V	<b>16</b> Practice 3:30-6:00	<b>17</b> HOME CR Jefferson Soph, JV, V	<b>18</b> Practice 3:30-6:00	<b>19</b> Varsity at Wahlert Soph & JV at Dike
<b>20</b>	<b>21</b> Practice 3:30-6:00	<b>22</b> AWAY CR Wash Soph, JV, V	<b>23</b> Practice 3:30-6:00	<b>24</b> Practice 3:30-6:00	<b>25</b> Practice 3:30-6:00	<b>26</b> Tiger Invite Varsity Soph/JV work
<b>27</b>	<b>28</b> HOME JV Tiger Tourney	<b>29</b> HOME Dubuque Senior Soph, JV, V	<b>30</b> Practice 3:30-6:00			

**2009**

# October

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				<b>1</b>	<b>2</b>	<b>3</b>
				<b>Practice 3:30-6:00</b>	<b>Practice 3:30-6:00</b>	<b>Varsity at Urbandale</b>
<b>4</b>	<b>5</b> <b>Soph Metro @ West Practice 3:30-6:00</b>	<b>6</b> <b>AWAY Dubuque Hempstead Soph, JV, V</b>	<b>7</b> <b>Practice 3:30-6:00</b>	<b>8</b> <b>Practice 3:30-6:00</b>	<b>9</b> <b>Practice 3:30-6:00</b>	<b>10</b> <b>Sophs at CR Kennedy</b>
<b>11</b>	<b>12</b> <b>JV @ CR Washington</b>	<b>13</b> <b>AWAY WLOO East Soph, JV, V</b>	<b>14</b> <b>Practice 3:30-6:00</b>	<b>15</b> <b>Practice 3:30-6:00</b>	<b>16</b> <b>Practice 3:30-6:00</b>	<b>17</b> <b>Varsity MVC Super Meet @ CR Jeff</b>
<b>18</b>	<b>19</b> <b>Practice 3:30-6:00</b>	<b>20</b> <b>HOME Linn-Mar Soph, JV, V</b>	<b>21</b> <b>Practice 3:30-6:00</b>	<b>22</b> <b>Practice 3:30-6:00</b>	<b>23</b> <b>Practice 3:30-6:00</b>	<b>24</b>
<b>25</b>	<b>26</b> <b>Regionals Round 1</b>	<b>27</b> <b>Practice 3:30-6:00</b>	<b>28</b> <b>Practice 3:30-6:00</b>	<b>29</b> <b>Regionals Round 2</b>	<b>30</b> <b>Practice 3:30-6:00</b>	<b>31</b>
<p>NOVEMBER 3 – Regional Finals            NOVEMBER 11-14 – State Tournament</p>						

**2009**