

January 2017 Melvindale Football Lifting Schedule

January 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9 Lifting 3PM-4:30PM	10	11 Lifting 3PM-4:30PM	12 Lifting 3PM-4:30PM	13	14
15	16	17 Lifting 3PM-4:30PM	18 Lifting 3PM-4:30PM	19 Lifting 3PM-4:30PM	20	21
22	23 Final exam week no lifting. Study for finals.	24 Final exam week no lifting. Study for finals.	25 Final exam week no lifting. Study for finals.	26 Final exam week no lifting. Study for finals.	27	28
29	30 Lifting 3PM-4:30PM	31	Notes: Other athletes are invited to lift with us. <u>Expectations while in the weightroom:</u> Lift our program Stretch No open toe shoes			

February 2017 Melvindale Football Lifting Schedule

February 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Lifting 3PM-4:30PM	2 Lifting 3PM-4:30PM	3	4
5	6 Lifting 3PM-4:30PM	7	8 Lifting 3PM-4:30PM	9 Lifting 3PM-4:30PM	10	11
12	13 Lifting 3PM-4:30PM	14	15 Lifting 3PM-4:30PM	16 Lifting 3PM-4:30PM	17	18
19	20 No School	21 No School	22 Lifting 3PM-4:30PM	23 Lifting 3PM-4:30PM	24	25
26	27 Lifting 3PM-4:30PM	28	Notes: Other athletes are invited to lift with us. <u>Expectations while in the weightroom:</u> Lift our program Stretch No open toe shoes			

March 2017 Melvindale Football Lifting Schedule

March 2017						
◀ February 2017						April 2017 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Lifting 3PM-4:30PM	2 Lifting 3PM-4:30PM	3	4
5	6 Lifting 3PM-4:30PM	7	8 Lifting 3PM-4:30PM	9 Lifting 3PM-4:30PM	10	11
12	13 Lifting 3PM-4:30PM	14 Lifting 3PM-4:30PM	15 Lifting 3PM-4:30PM	16 Half day	17	18
19	20 Lifting 3PM-4:30PM	21	22 Lifting 3PM-4:30PM	23 Lifting 3PM-4:30PM	24	25
26	27 Lifting 3PM-4:30PM	28	29 Lifting 3PM-4:30PM	30 Lifting 3PM-4:30PM	31	Notes: