



Bishop Montgomery HS Football 2010 Battle Rhythm

		Jan.					Feb.					Mar.					Apr.					May					June					July					August					Sept.					Oct.					Nov.					Dec.																																							
<i>Academics</i>		Winter Break					Fall/Winter Semester					F/W Finals					Spring/Summer Semester					Spring Break					Spring/Summer Semester					S/S Finals					Summer Break					Summer School										Fall/Winter Semester					Thanksgiving					Fall/Winter Semester					Winter Break																													
<i>Preparation & Performance</i>																						Spring Drills .5.17 - 6.3					OFF					Passing League 6.14 - 7.16					Pre-Season 7.20 - 8.14					Training Camp 8.16 - 8.28					Week 1					Week 2					Week 3					Week 4					Week 5					Week 6					Week 7					Week 8					Week 9					Week 10				
<i>Readiness</i>							WC + Testing (After AC AP) 3.15 - 4.1					OFF					Strength (Spd, AirP) 4.11 - 24					Strength/Power (After Spd) 4.25 - 5.16					Power + Testing (Spd, Strength, POC) 4.20 - 5.10					OFF					WC/Strength 6.6 - 6.18					Strength/Power 6.20 - 7.3					Power + Testing 7.4 - 7.17					Camp Prep 7.24 - 8.14					Pre-Season 8.16 - 8.28					In-Season 8.30 - 11.6?										OFF					Rehab & Recovery 12.5 - 12.18					OFF														

