

June

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Open Gym on Field 9-11AM
2	3	4	5	6	7	8 Open Gym on Field 9-11am
9	10	11	12	13	14	15 Penn State 7 on 7 Big Man Challenge Vans Depart--?
16	17	18 Weight Room Open 6-7:30 PM @ UHS	19 Summer Work Out 6-8 PM @ ACV UHS Bus Depart 5:20 pm	20 Weight Room Open 6-7:30 PM @ UHS	21	22
23	24	25 Weight Room Open 6-7:30 PM @ UHS	26 Summer Work Out 6-8 PM @UHS ACV Bus Depart 5:20 pm	27 Weight Room Open 6-7:30 PM @ UHS	28	29 Slippery Rock 7 on 7 8:30 AM- 2 PM VANS Depart 7:15 am
30						

July

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 OFF OVER 4 th of July	3 OFF OVER 4 th of July	4 OFF OVER 4 th of July	5	6
7	8	9 Summer Workout 6-8 PM @ACV UHS Bus Depart 5:20 pm	10	11 Summer Workout 6-8 PM @ACV UHS Bus Depart 5:20 pm	12	13
14	15	16 Summer Workout 6-8 PM @UHS ACV Bus Depart 5:20 pm	17 YOUTH NIGHT @ UHS 6-8 PM ACV Bus Depart 5:20 pm	18 YOUTH NIGHT @ UHS 6-8 PM ACV Bus Depart 5:20 pm	19	20
21	22	23 Summer Workout 6-8 PM @ACV UHS Bus Depart 5:20 pm	24	25 Summer Workout 6-8 PM @ACV UHS Bus Depart 5:20 pm	26	27
28	29	30 Summer Workout 6-8 PM @UHS UHS Bus Depart 5:20 pm	31			

August

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 OFF until Heat Acclimation	2	3
4	5 Heat Acclimation 5-8 pm @ ACV UHS Bus Depart 4:20 p	6 Heat Acclimation 5-8 pm @ ACV UHS Bus Depart 4:20 p	7 Heat Acclimation 5-8 pm @ ACV UHS Bus Depart 4:20 p	8 Heat Acclimation 5-8 pm @ ACV UHS Bus Depart 4:20 p	9 Heat Acclimation 5-8 pm @ ACV UHS Bus Depart 4:20 p	10
11	12 Two-A-Days 3-9 pm @ UHS ACV Bus Depart 2:15 pm	13 Two-A-Days 3-9 pm @ UHS ACV Bus Depart 2:15 pm	14 Two-A-Days 3-9 pm @ UHS ACV Bus Depart 2:15 pm	15 Two-A-Days 3-9 pm @ UHS ACV Bus Depart 2:15 pm	16 Two-A-Days 3-9 pm @ UHS ACV Bus Depart 2:15 pm	17 Scrimmage @ West Shamokin 10 AM
18	19 Practice 4-6 pm @ ACV UHS Bus Depart 3:15 pm	20 Practice 4-6 pm @ ACV UHS Bus Depart 3:15 pm	21 Practice 4-6 pm @ ACV UHS Bus Depart 3:15 pm	22 Practice 4-6 pm @ ACV UHS Bus Depart 3:15 pm	23 GAME @ Coudersport 7 PM	24
25	26 Practice 4-6pm @ UHS ACV Bus Depart 3:15 pm	27 Practice 4-6pm @ UHS ACV Bus Depart 3:15 pm	28 Practice 4-6pm @ UHS ACV Bus Depart 3:15 pm	29 Practice 4-6pm @ UHS ACV Bus Depart 3:15 pm	30 Practice 4-6pm @ UHS ACV Bus Depart 3:15 pm	31 GAME @ Sheffield 1 pm

September

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Tentatively OFF for Holiday	3 Practice 4-6pm @ ACV UHS Bus Depart 3:15 pm	4 Practice 4-6pm @ ACV UHS Bus Depart 3:15 pm JH Game@ Keystone 5p	5 Practice 4-6pm @ ACV UHS Bus Depart 3:15 pm	6 GAME @ ACV Curwensville 7 pm	7
8	9 JV GAME @ UHS Moniteau 6 pm	10 Practice 4-6pm @ UHS ACV Bus Depart 3:15 pm	11 Practice 4-6pm @ UHS ACV Bus Depart 3:15 pm	12 Practice 4-6pm @ UHS ACV Bus Depart 3:15 pm JH Game @ ACV 6pm	13 GAME @ UHS Otto Eldred 7pm	14
15	16 Practice 4-6pm @ ACV UHS Bus Depart 3:15 pm	17 Practice 4-6pm @ ACV UHS Bus Depart 3:15 pm	18 Practice 4-6pm @ ACV UHS Bus Depart 3:15 pm	19 Practice 4-6pm @ ACV UHS Bus Depart 3:15 pm JH Game @UHS 6pm	20 GAME @ ECC 7 pm	21
22	23 JV GAME @ ACV Punsxy 6 pm	24 Practice 4-6pm @ UHS ACV Bus Depart 3:15 pm	25 Practice 4-6pm @ UHS ACV Bus Depart 3:15 pm	26 Practice 4-6pm @ UHS ACV Bus Depart 3:15 pm JH Game@ St Mary 6p	27 Practice 4-6pm @ UHS ACV Bus Depart 3:15 pm	28 GAME @ Port Allegany 1:30 PM
29	30 Practice 4-6pm @ UHS ACV Bus Depart 3:15 pm					

October

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Practice 4-6pm @ UHS ACV Bus Depart 3:15 pm	2 Practice 4-6pm @ UHS ACV Bus Depart 3:15 pm	3 Practice 4-6pm @ UHS ACV Bus Depart 3:15 pm	4 GAME @ UHS Keystone 7 pm (UHS Homecoming)	5
6	7 JV Game @ Keystone 6 pm	8 Practice 4-6 pm @ ACV UHS Bus Depart 3:15 pm	9 Practice 4-6 pm @ ACV UHS Bus Depart 3:15 pm	10 Practice 4-6 pm @ ACV UHS Bus Depart 3:15 pm JH Game @ ACV 6pm	11 Game @ ACV Cameron County 7 pm (ACV Homecoming)	12
13	14 JV Game @ Brookville 6:30 pm	15 Practice 4-6 pm @ ACV UHS Bus Depart 3:15 pm	16 Practice 4-6 pm @ ACV UHS Bus Depart 3:15 pm	17 Practice 4-6 pm @ ACV UHS Bus Depart 3:15 pm JH Game @ Brkville 6 p	18 Game @ Redbank 7 pm	19
20	21 JV Game @ UHS Redbank 6pm	22 Practice 4-6pm @ UHS ACV Bus Depart 3:15 pm	23 Practice 4-6pm @ UHS ACV Bus Depart 3:15 pm	24 Practice 4-6pm @ UHS ACV Bus Depart 3:15 pm JH Game @ UHS 6 pm	25 Game @ UHS Ridgeway 7 pm (Senior Night UHS/ACV)	26
27	28 JV Game @ ACV Karns City 6 pm	29 Practice 4-6 pm @ ACV UHS Bus Depart 3:15 pm (PLAYOFFS)	30 Practice 4-6 pm @ ACV UHS Bus Depart 3:15 pm (PLAYOFFS)	31 Practice 4-6 pm @ ACV UHS Bus Depart 3:15 pm (PLAYOFFS) JH Game @ ACV 6 pm		