

Dear SHS LION:

I hope this letter finds you having a restful, relaxing and productive summer. We are approaching the beginning of a championship season, and I anticipate you've prepared yourself physically this summer for August and beyond. If you have been to the Summer Speed and Power Program this summer you have met many of the new coaches that are bringing a new level of intensity to our team. We are expecting great things from you this season, and we hope that you have set the same level of expectations for our team as well as for yourself. Our goal at SHS is that you arrive on the first day of two-a-days in shape and ready to play. We will have a conditioning test on the first day. This test will be 6 timed gassers; the time will vary based on your position. You will notice that I have enclosed a calendar including all important dates.

**IMPORTANT DATES:**

2-A-DAYS Begin – August 9<sup>th</sup> – Practice Begins at 8:00 – Report to Field House at 7:15.

See you on the field,

Coach Parker

**JULY - 2010**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11	12 SPEED AND POWER PROGRAM	13 SPEED AND POWER PROGRAM	14 SPEED AND POWER PROGRAM	15 SPEED AND POWER PROGRAM	16 OFF	17
18	19 OFF	20 OFF	21 OFF	22 OFF	23 OFF	24
25	26 SPEED AND POWER PROGRAM	27 SPEED AND POWER PROGRAM	28 SPEED AND POWER PROGRAM	29 SPEED AND POWER PROGRAM	30 OFF	31

**AUGUST 2010**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 LIFT & RUN ON YOUR OWN	3 LIFT & RUN ON YOUR OWN	4 LIFT & RUN ON YOUR OWN	5 LIFT & RUN ON YOUR OWN	6 OFF	7
8	9 2-A-DAYS BEGIN Practice 8:00 – 1:00	10 PRACTICE 8:00 – 1:00	11 PRACTICE 8:00 – 1:00	12 PRACTICE 8:00 – 1:00	13 PRACTICE 8:00 – 1:00	14 PRACTICE 8:00 – 1:00
15	16 PRACTICE 3:00 – 6:00	17 PRACTICE 3:00 – 6:00	18 PRACTICE 3:00 – 6:00	19 PRACTICE 3:00 – 6:00	20 SCRIMMAGE CLEAR SPRINGS 8:00 A.M.	21 VIDEO PICTURE DAY 8:00 A.M.
22	23 1ST DAY OF SCHOOL AFTER SCHOOL	24 PRACTICE 7TH PERIOD & AFTER SCHOOL	25 PRACTICE 7TH PERIOD & AFTER SCHOOL	26 VARSITY PRACTICE – 7:30 A.M. JV VS CONROE	27 1ST GAME VS CONROE	28 VIDEO AND WEIGHT 10:00 A.M.