

# January 2009

- ODIA Lifts begin at 1700 hours
- Arvin Lifts are on your own
- Fridays are reserved for Team Building functions

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10  <b>Rising Firsties at Coach West's House</b>
11  <b>OFF</b>	12 <b>4:45 Team Meet- ing @ ODIA</b>	13 <b>1st/4th Regt Lift @ ODIA 2nd/3rd Regt Lift @ Arvin</b>	14 <b>Stretch/Aerobic on own</b>	15 <b>2nd/3rd Lift @ ODIA 1st/4th Lift @ Arvin</b>	16 <b>Stretch/Aerobic on own</b>	17  <b>OFF</b>
18  <b>1st Regt Concessions for HS Track @ Gillis</b>	19 <b>Team Speed/ Agility Training</b>	20 <b>1st/4th Regt Lift @ ODIA 2nd/3rd Regt Lift @ Arvin</b>	21 <b>Team Speed/ Agility Training</b>	22 <b>2nd/3rd Lift @ ODIA 1st/4th Lift @ Arvin</b>	23 <b>Stretch/Aerobic on own</b>	24  <b>OFF</b>
25  <b>OFF</b>	26 <b>Team Speed/ Agility Training</b>	27 <b>1st/4th Regt Lift @ ODIA 2nd/3rd Regt Lift @ Arvin</b>	28 <b>Team Speed/ Agility Training</b>	29 <b>2nd/3rd Lift @ ODIA 1st/4th Lift @ Arvin</b>	30 <b>Stretch/Aerobic on own</b>	31  <b>OFF</b>

# February 2009

- ODIA Lifts begin at 1700 hours
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 OFF	2 Team Speed/ Agility Training	3 1st/4th Regt Lift @ ODIA 2nd/3rd Regt Lift @ Arvin	4 Team Speed/ Agility Training	5 2nd/3rd Lift @ ODIA 1st/4th Lift @ Arvin 3rd Regt IOCT	6 Stretch/Aerobic on own	7 OFF
8 OFF	9 Team Speed/ Agility Training	10 1st/4th Regt Lift @ ODIA 2nd/3rd Regt Lift @ Arvin 2nd Regt IOCT	11 Team Speed/ Agility Training  4th Regt IOCT	12 2nd/3rd Lift @ ODIA 1st/4th Lift @ Arvin	13 Stretch/Aerobic on own	14 OFF
15 OFF	16 Team Speed/ Agility Training	17 1st/4th Regt Lift @ ODIA 2nd/3rd Regt Lift @ Arvin	18 Team Speed/ Agility Training	19 2nd/3rd Lift @ ODIA 1st/4th Lift @ Arvin	20 Stretch/Aerobic on own	21 OFF
22 OFF	23 Team Speed/ Agility Training	24 1st/4th Regt Lift @ ODIA 2nd/3rd Regt Lift @ Arvin	25 Team Speed/ Agility Training	26 2nd/3rd Lift @ ODIA 1st/4th Lift @ Arvin	27 Stretch/Aerobic on own	28 2nd Regt Concessions for Lax

# March 2009

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <b>OFF</b>	2 <b>Team Speed/ Agility Training</b>	3 <b>1st/4th Regt Lift @ ODIA 2nd/3rd Regt Lift @ Arvin</b>	4 <b>Team Speed/ Agility Training</b>	5 <b>2nd/3rd Lift @ ODIA 1st/4th Lift @ Arvin</b>	6 <b>Stretch/Aerobic on own</b>	7 <b>OFF</b>
8 <b>OFF</b>	9 <b>Team Speed/ Agility Training</b>	10 <b>1st/4th Regt Lift @ ODIA 2nd/3rd Regt Lift @ Arvin</b>	11 <b>Team APFT</b>	12 <b>2nd/3rd Lift @ ODIA 1st/4th Lift @ Arvin</b>	13 <b>Stretch/Aerobic on own</b>	14 <b>OFF</b>
15	16 <b>Team Speed/ Agility Training</b>	17 <b>1st/4th Regt Lift @ ODIA 2nd/3rd Regt Lift @ Arvin</b>	18 <b>Team Speed/ Agility Training</b>	19 <b>2nd/3rd Lift @ ODIA 1st/4th Lift @ Arvin</b>	20 <b>Stretch/Aerobic on own</b>	21 <b>OFF</b>
22	23 <b>Team Speed/ Agility Training</b>	24 <b>1st/4th Regt Lift @ ODIA 2nd/3rd Regt Lift @ Arvin 3rd Regt Concessions for Lax</b>	25 <b>Team Speed/ Agility Training</b>	26 <b>2nd/3rd Lift @ ODIA 1st/4th Lift @ Arvin</b>	27 <b>Stretch/Aerobic on own</b>	28
29	30 <b>Team Speed/ Agility Training</b>	31 <b>1st/4th Regt Lift @ ODIA 2nd/3rd Regt Lift @ Arvin</b>				

# April 2009

- ODIA Lifts begin at 1700 hours
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Team Speed/ Agility Training	2 2nd/3rd Lift @ ODIA 1st/4th Lift @ Arvin	3 Stretch/Aerobic on own	4  <b>OFF</b>
5  <b>OFF</b>	6 Spring Conditioning: Testing	7 Spring Conditioning: Testing	8 Spring Conditioning	9 Spring Conditioning	10 Spring Conditioning	11  <b>OFF</b>
12  <b>OFF</b>	13 Spring Conditioning	14 Spring Conditioning	15 Spring Conditioning	16 Spring Conditioning	17 Spring Conditioning	18  <b>OFF</b>
19  <b>OFF</b>	20 Spring Conditioning	21 Spring Conditioning	22 Spring Conditioning	23 Spring Conditioning	24 Spring Conditioning 4th Regt Concessions for Men Tennis	25  <b>OFF</b>
26  <b>OFF</b>	27 Spring Conditioning	28 Spring Conditioning	29 Spring Conditioning	30 Spring Conditioning		

# May 2009

- ODIA Lifts begin at 1700 hours
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Spring Conditioning	2  OFF
3  OFF	4 Spring Conditioning	5 Spring Conditioning	6 Spring Conditioning	7 Spring Conditioning	8 Spring Conditioning  Team Cookout	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

# July 2009

- ODIA Lifts begin at 1700 hours
- Arvin Lifts are on your own
- Fridays are reserved for Team Building functions

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29 PIAD Report Date	30 PIAD Day 1 Testing	31 PIAD Day 2 Testing	1 August PIAD Day 3

# August 2009

- ODIA Lifts begin at 1700 hours
- Arvin Lifts are on your own
- Fridays are reserved for Team Building functions

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
2 PIAD Day 4	3 PIAD Day 5	4 PIAD Day 6	5 PIAD Day 7	6 PIAD Day 8	7 PIAD Day 9	8 PIAD Day 10		
9 Plebe March Back	10 _____		11 _____	12 Reorgy Week	13 _____		14 _____	15 OFF
16 OFF	17 1st Day of Class	18 _____	19 Player Led Practice	20 _____		21 _____	22 OFF	
23 OFF	24 1st Official Practice No Pads	25 2nd Official Practice No Pads	26 3rd Official Practice No Pads	27 4th Official Practice Pads	28 5th Official Practice Pads	29 1st Annual Alumni Game		
30	31 Media Day							

# September 2009

- ODIA Lifts begin at 1700 hours
- Arvin Lifts are on your own
- Fridays are reserved for Team Building functions

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Player Led	2 6th Official Practice	3 7th Official Practice	4 8th Official Practice Black/White Scrimmage	5  OFF
6  OFF	7  OFF	8 Lift/Team Meeting	9 9th Official Practice	10 10th Official Practice	11 11th Official Practice	12 12th Official Practice
13 Game 1 vs. JV (Opponent TBD)	14 Lift/Team Meeting	15 13th Official Practice	16 14th Official Practice	17 15th Official Practice	18  Practice	19 Depart for Albany
20 1300: Army vs. RPI @ CBA in Albany	21  OFF	22 Lift/Team Meeting	23  Practice	24  Practice	25  Practice	26  Off
27  Lift	28  Practice	29  Practice	30  Practice			

# October 2009

- ODIA Lifts begin at 1700 hours
- Arvin Lifts are on your own
- Fridays are reserved for Team Building functions

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Practice	2 @ Princeton	3 Off
4 Lift/Team Meeting	5 Practice	6 Practice	7 Practice	8 Practice	9 UPENN	10 Off
11 Lift/Team Meeting	12 Practice	13 Practice	14 Practice	15 Practice	16 Depart for Saratoga Practice	17 Mansfield @ Saratoga in the Allegiance Bowl
18 Lift/Team Meeting	19 Practice	20 Practice	21 Practice	22 Practice Depart for Cornell	23 @ Cornell	24 Off
25 Lift/Team Meeting	26 Practice	27 Practice	28 Practice	29 Practice	30 Navy	31