

HORNET FOOTBALL

2010

IMPORTANT REMINDER – PHYSICAL FORMS & IMPACT TESTING!!!!!!

SUMMER SCHEDULE:

NOTE: Classes are based on 2010-2011 school year

1. HELMET DISTRIBUTION

Tuesday, May 25th & Thursday, May 27th & Monday, June 7th

Seniors & Juniors Tuesday, May 25th 3PM – 4PM

Sophomores Thursday, May 27th 3PM – 4PM

Freshman Monday, June 7th 2PM

***Players are responsible for the safety of their own helmets throughout the summer!!**

2. FRESHMAN/JV/VARSITY MINI-CAMP AT HIGHLAND *ATTENDANCE MANDATORY FOR UPPERCLASSMEN ATTENDANCE STRONGLY RECOMMENDED FOR FRESHMAN*

(Counts towards allotted contact days sanctioned by the OHSAA)

June 7th, 8th, 9th, 10th

3PM – 8PM

Helmets and Shorts

3. MOUNT UNION FOOTBALL TEAM CAMP

July 5th, 6th, 7th

(Counts towards allotted contact days sanctioned by the OHSAA)

(Cost - \$175, see sheet for other info)

Check and Emergency Medical Form (which will be distributed at the mini-camp) are what needs to be turned in to go.

All welcome from SOPH thru SENIORS

Leave Highland Fieldhouse: Monday, July 5th @ 8 AM (Eat a good breakfast!)

Return Highland Fieldhouse: Wednesday, July 7th @ 6:30 PM (app.)

(Helmets Needed)

4. OTHER SUMMER PRACTICES

(Counts towards allotted contact days sanctioned by the OHSAA)

July 19th: 5:00-6:30 Practice at HHS

July 20th: 5:00-6:30 Practice at HHS

Helmets and Shorts

5. YOUTH FOOTBALL CAMP

July 19th, 20th, 21st, 22nd

9AM – 12PM

Some upperclassmen will be needed for help.

6. EQUIPMENT DISTRIBUTION

Monday, July 19th

Seniors 12:30PM – 1:00PM

Juniors 1:00PM – 1:30PM

Tuesday, July 20th

Sophomores 12:30PM – 1:30PM

Monday, August 2nd

Freshman – After Practice

7. FRESHMAN/JV/VARSITY DOUBLE SESSIONS

Monday, August 2nd 8AM – 2:30PM

Helmets and Shorts

(Two-a-Day daily schedule to be distributed later)

REMEMBER:

TEAM

FAITH

FOCUS

MENTAL & PHYSICAL TOUGHNESS

DISCIPLINE

THESE ARE OUR INGREDIENTS TO SUCCESS!!

**SUMMER LIFTING & CONDITIONING SCHEDULE
MIDDLE SCHOOL & HIGH SCHOOL FOOTBALL PLAYERS**

*Meet in Weight Room at Highland High School

<u>DAY</u>	<u>DATE</u>	<u>TIMES</u>
MONDAY	June 14	9 – 10:30 AM
TUESDAY	June 15	9 – 10:30 AM
THURSDAY	June 17	9 – 10:30 AM
MONDAY	June 21	9 – 10:30 AM
TUESDAY	June 22	9 – 10:30 AM
THURSDAY	June 24	9 – 10:30 AM
MONDAY	June 28	9 – 10:30 AM
TUESDAY	June 29	9 – 10:30 AM
THURSDAY	July 1	9 – 10:30 AM
MONDAY	July 12	9 – 10:30 AM
TUESDAY	July 13	9 – 10:30 AM
THURSDAY	July 15	9 – 10:30 AM
MONDAY	July 19	4:00 – 5:00 PM (PRACTICE FOLLOWS 5-6:30)
TUESDAY	July 20	4:00 – 5:00 PM (PRACTICE FOLLOWS 5-6:30)
THURSDAY	July 22	5 – 6:30 PM
MONDAY	July 26	9 – 10:30 AM
TUESDAY	July 27	9 – 10:30 AM
THURSDAY	July 29	9 – 10:30 AM

**ATTENDANCE WILL BE TAKEN AND KEPT!!!*

*We will cover lifting, flexibility, and agilities at these workouts.

*There are no workouts the week of July 5th because Varsity/JV will be at Mount Union Team Camp.

*Monday, August 2nd - double sessions begin at 8 AM!!!!!!!

*Attire is shorts and helmets for the first day of double sessions. Please be responsible in completing physicals, as we do not want any interruptions to our practices and preparation.

2010 HORNET FOOTBALL

*Subject to change

August

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1 OFF	2 DOUBLES START 8AM-2:30PM Helmets	3 Doubles 8AM-2:30PM Helmets	4 Doubles 8AM-2:30PM Helmets/Sh Pads Gold Card KO 11:15	5 Doubles 8AM-2:30PM Helmets/Sh Pads	6 Doubles 8AM-2:30PM Full Pads	7 Practice 8AM-11:30AM Full Pads
8 OFF	9 Doubles 8AM-2:30PM Full Pads	10 PRACTICE @ HHS Vs Elyria Catholic	11 Doubles 8AM-11:30AM Full Pads Films TBA	12 Doubles 8AM-1PM Dress TBA	13 SCRIMMAGE vs Brecksville @ HHS FR/JV/V 6PM	14 Films/Single Practice TBA Gold Card Blitz 11-2 PM
15 OFF	16 Doubles 8AM-1PM	17 Doubles 8AM-1PM	18 Doubles 8AM-1PM	19 Doubles 8AM-1PM	20 JAMBOREE vs Nordonia @ Nordonia F/JV/V 6PM	21 Films/Single Practice TBA
22 OFF	23 Single Practice 3-6PM Full Pads	24 Single Practice 3-6PM Full Pads	25 SCHOOL STARTS Regular after school practice 3PM-6PM Full Pads	26 Pre-Game Practice 3PM – Helmets FR vs ROCKY RIVER @ RR 4:30	27 VARSAITY GAME vs ROCKY RIVER @ HHS 7:30PM	28 JV GAME vs ROCKY RIVER @ RR 10AM
29 OFF	30	31			NOTES: -Scouting early opponents -Picture Day -Gold Card Kickoff & Blitz -State Meeting in AUD -Rules Interpretation Dates	

2010

HORNET FOOTBALL

2010 SCHEDULE

Football - Boys Var

Date	Day	Opponent	Location	Time/Score
08/27/10	Friday	Rocky River	Highland	7:30 PM
09/03/10	Friday	Olmsted Falls	Olmsted Falls	7:30 PM
09/10/10	Friday	North Royalton	Highland	7:30 PM
09/17/10	Friday	Copley	Highland	7:00 PM
09/24/10	Friday	Tallmadge	Tallmadge	7:00 PM
10/01/10	Friday	Revere - Homecoming	Highland	7:00 PM
10/08/10	Friday	Green	Green	7:00 PM
10/15/10	Friday	Barberton - Senior Night	Highland	7:00 PM
10/22/10	Friday	Wadsworth	Wadsworth	7:00 PM
10/29/10	Friday	Cloverleaf	Cloverleaf	7:00 PM

Home games are in bold.

Football - Boys JV

Date	Day	Opponent	Location	Time/Score
08/28/10	Saturday	Rocky River	Rocky River	10:00 AM
09/04/10	Saturday	Olmsted Falls	Highland	10:00 AM
09/11/10	Saturday	North Royalton	North Royalton	10:00 AM
09/18/10	Saturday	Copley	Copley	10:00 AM
09/25/10	Saturday	Tallmadge	Highland	10:00 AM
10/02/10	Saturday	Revere	Revere	10:00 AM
10/09/10	Saturday	Green	Highland	10:00 AM
10/16/10	Saturday	Barberton	Barberton	10:00 AM
10/23/10	Saturday	Wadsworth	Highland	10:00 AM

Home games are in bold.

Football - Boys 9th

Date	Day	Opponent	Location	Time/Score
08/26/10	Thursday	Rocky River	Rocky River	4:30 PM
09/02/10	Thursday	Olmsted Falls	Highland	4:30 PM
09/09/10	Thursday	Cloverleaf	Highland	4:00 PM
09/16/10	Thursday	Copley	Copley	4:00 PM
09/23/10	Thursday	Tallmadge	Highland	4:00 PM
09/30/10	Thursday	Revere	Revere	4:00 PM
10/07/10	Thursday	Green	Highland	4:00 PM
10/14/10	Thursday	Barberton	Barberton	4:00 PM
10/21/10	Thursday	Wadsworth	Highland	4:00 PM

Home games are in bold.