

You should attend ALL Workouts and Meetings,
 unless you are participating in a winter or spring sport.
 If you can't attend for a legitimate reason, you must let
 Coach Jones or Coach Crews know before you miss.



**FOOTBALL GAMES AREN'T WON BY WANT. THEY
 ARE WON BY WORK!**

**JOBS FOR SPRING TRAINING AND FOR
 NEXT SEASON
 WILL BE WON IN THE WEIGHT ROOM IN THE OFF -
 SEASON.**

HOW HARD ARE YOU WORKING TO WIN ONE?

March 2009

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	1		2		3		4		5		6		7
		Workout Day! All Players 2:30 <small>9th Wgts 6:30-7:30</small>				Workout Day! All Players Not in Wgt Training 2:30		Workout Day! All Players 2:30 <small>9th Wgts 6:30-7:30</small>				Weight Lifting Competition @ Peachtree Ridge	
	8		9		10		11		12		13		14
		Workout Day! All Players 2:30 <small>9th Wgts 6:30-7:30</small>				Workout Day! All Players Not in Wgt Training 2:30		Workout Day! All Players 2:30 <small>9th Wgts 6:30-7:30</small>		Teacher Work Day! No School			
	15		16		17		18		19		20		21
		Workout Day! All Players 2:30 <small>9th Wgts 6:30-7:30</small>				Workout Day! All Players Not in Wgt Training 2:30		Workout Day! All Players 2:30 <small>9th Wgts 6:30-7:30</small>		TEAM BREAKFAST 6:30 in The Lodge. All Players			
	22		23		24		25		26		27		28
		Workout Day! All Players 2:30				Workout Day! All Players Not in Wgt Training 2:30		Workout Day! All Players 2:30 <small>9th Wgts 6:30-7:30</small>					
	29		30		31	<p style="font-size: 1.2em; margin: 0;">Spring Practice is a month away.</p> <p style="font-size: 1.5em; margin: 0;">Are YOU Getting Ready?</p>							
		Workout Day! All Players 2:30 <small>9th Wgts 6:30-7:30</small>											

Losers find an Excuse!

Winners find a Way!