



WALNUT HILLS FOOTBALL

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Summer Break Off	2 Summer Break Off	3 Summer Break Off	4 Independence Day Summer Break Off	5 Summer Break Off	6
7	8 Lift/Condition/ Field 8:00am-11:00am Youth Camp 5:00pm-7:30pm	9 Lift/Condition/ Field 8:00am-11:00am Youth Camp 5:00pm-7:30pm Touchdown Club 7pm	10 Youth Camp 5:00pm-7:30pm	11 Lift/Condition/ Field 8:00am-11:00am	12 Senior Breakfast 9:30am-11:30am Coach Beauchamp's	13 MANDATORY UC Football Seat Install: Meet at Walnut 7:30am-complete ACT Test
14	15 Meet/Practice/ Lift 7:30am-1:30pm Install 1 Practice 1	16 Meet/Practice/ Lift 7:30am-1:30pm Install 2 Practice 2	17	18 Meet/Practice/ Lift 7:30am-1:30pm Install 3 Practice 3	19 Meet/Practice 7:30am-11:30am Install 4 Practice 4	20
21	22 Meet/Practice/ Lift 7:30am-2:30pm Install 5 & 6 7 on 7 vs. Moeller at South 9:00am-11:00am Practice 5	23 Meet/Practice/ Lift 7:30am-1:30pm Install 7 & 8 7 on 7 v. W. Woods at Marx 4:00pm-6:00pm Practice 6	24	25 Meet/Practice/ Lift 7:30am-1:30pm Install 9 & 10 7 on 7 vs. Fenwick at Marx 4:00pm-6:00pm Practice 7	26	27
28	29 Depart 8:00am Camp Higher Ground Install 1 Practice 8	30 Camp Higher Ground Install 2 Practice 9	31 Install 3 Camp Higher Ground Return: at school pickup 3:00pm Practice 10			
Notes: Jr High lift with HS on a modified workout focussing on body weight and form; Jr. High will attend practice days excluding Camp Higher Ground.						



WALNUT HILLS FOOTBALL

August 2019

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
								1	2-a-Day 7:30am-2:30pm Install 4 Jr High South Field 3:00pm-4:30pm	2	2-a-Day 7:30am-2:30pm Install 5 Jr High South Field 3:00pm-4:30pm	3	2-a-Day 7:30am-11:30am Family Picnic 11:30am Jr High - Marx 9:30am-11:30am
4		5	2-a-Day 7:30am-2:30pm Install 7 Jr High South Field 3:00pm-5:00pm	6	2-a-Day 7:30am-2:30pm Install 8 Jr High South Field 3:00pm-5:00pm Touchdown Club 7pm	7	2-a-Day 7:30am-2:30pm Install 9 Jr High South Field 3:00pm-5:00pm	8	2-a-Day 7:30am-2:30pm Install 10 Jr High South Field 3:00pm-5:00pm	9	Scrimmage vs. Wyoming at Marx 3:30pm Report 6:00pm Fresh/JV 7:00pm Varsity Jr High South Field 3:00pm-5:00pm	10	Meet/Field/Lift 8:00am-11:30am Install 1
11		12	Mental Monday 2:45pm-6:00pm Install 2 Teachers 1st Day Jr High Film/Classroom Day	13	Intense Tuesday 2:45pm-6:00pm Install 3 Jr High Marx Field 3:00pm-5:30pm	14	Working Wed. 2:45pm-6:00pm Install 4 Jr High Marx Field 4:45pm-6:00pm	15	Perfect Practice 2:45pm-6:00pm Install 5 Jr High Marx Field 4:00pm-5:30pm	16	Scrimmage at Elder 2:30pm Report 6:00pm Fresh/JV 7:00pm Varsity Jr High South Field 3:00pm-5:00pm	17	Meet/Field/Lift 8:00am-11:30am Install 6
18		19	Mental Monday 2:45pm-6:00pm Install 7 Students 1st Day Jr High Film/Classroom Day	20	Intense Tuesday 2:45pm-6:00pm Install 8 Jr High Marx Field 3:00pm-5:30pm	21	Working Wed. 2:45pm-6:00pm Install 9 Jr High Study Table 2:45pm-4:15pm Marx 4:45pm-6:00pm	22	Perfect Practice 2:45pm-6:00pm Install 10 Jr High Marx Field 4:00pm-5:30pm	23	Scrimmage at La Salle 2:30pm Report 5:00pm Fresh/JV 7:00pm Varsity	24	Film/Lift 8:00am-10:30am SAT Test
25		26	Mental Monday 2:45pm-6:00pm Jr High South Field 3:00pm-4:00pm	27	Intense Tuesday 2:45pm-6:00pm Jr High Marx Field 3:00pm-5:30pm	28	Working Wed. 2:45pm-6:00pm Jr High Study Table 2:45pm-4:15pm No Field	29	Perfect Practice Study Table & Marx 2:45pm-6:00pm Jr High Home vs. Loveland	30	Varsity at Miamisburg 7:00pm	31	8:00pm Lift JV 10:00 am Fresh 12:00pm
Notes: 1st day of Jr High practice - August 1st.													



WALNUT HILLS FOOTBALL

September 2019

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
1		2	Labor Day	3	Intense Tuesday	4	Working Wed.	5	Perfect Practice	6	Varsity	7	8:00pm Lift	
			Mental Monday 8:00am-11:00am		2:45pm-6:00pm		2:45pm-6:00pm		Study Table & Marx 2:45pm-6:00pm		at Home vs. Aiken 7:00pm		JV 10:00 am	
			Jr High TBD		Jr High Marx Field 3:00pm-5:30pm		Jr High Study Table 2:45pm-4:15pm							Fresh 12:00pm
			No School		Touchdown Club 7pm		Marx 4:45pm-6:00pm		Jr High at Nagel					
8		9	Mental Monday	10	Intense Tuesday	11	Working Wed.	12	Perfect Practice	13	Varsity	14	8:00pm Lift	
			2:45pm-6:00pm		2:45pm-6:00pm		2:45pm-6:00pm		Study Table & Marx 2:45pm-6:00pm		at Home vs. West High 7:00pm		JV 10:00 am	
			Jr High South Field 3:00pm-4:00pm		Jr High Marx Field 3:00pm-5:30pm		Jr High Study Table 2:45pm-4:15pm		Jr High Home vs West Clermont					Fresh 12:00pm
			Midterm Week				Marx 4:45pm-6:00pm							ACT Test
15		16	Mental Monday	17	Intense Tuesday	18	Working Wed.	19	Perfect Practice	20	Varsity	21	8:00pm Lift	
			2:45pm-6:00pm		2:45pm-6:00pm		2:45pm-6:00pm		Study Table & Marx 2:45pm-6:00pm		at Home vs. Milford 7:00pm		JV 10:00 am	
			Jr High South Field 3:00pm-4:00pm		Jr High Marx Field 3:00pm-5:30pm		Jr High Study Table 2:45pm-4:15pm		Jr High Home vs Nagel					Fresh 12:00pm
							Marx 4:45pm-6:00pm							
22		23	Mental Monday	24	Intense Tuesday	25	Working Wed.	26	Perfect Practice	27	Varsity	28	8:00pm Lift	
			2:45pm-6:00pm		2:45pm-6:00pm		2:45pm-6:00pm		Study Table & Marx 2:45pm-6:00pm		at West Clermont 7:00pm		JV 10:00 am	
			Jr High South Field 3:00pm-4:00pm		Jr High Marx Field 3:00pm-5:30pm		Jr High Study Table 2:45pm-4:15pm		Jr High Home vs Withdraw					Fresh 12:00pm
							No Field							
29		30	Mental Monday											
			2:45pm-6:00pm											
	Jr High South Field 3:00pm-4:00pm													
			Notes											



WALNUT HILLS FOOTBALL

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Intense Tuesday 2:45pm-6:00pm Jr High Marx Field 3:00pm-5:30pm Touchdown Club 7pm	2 Working Wed. 2:45pm-6:00pm Jr High Study Table 2:45pm-4:15pm Marx 4:45pm-6:00pm	3 Perfect Practice Study Table & Marx 2:45pm-6:00pm Jr High at Milford	4 Varsity at Home vs. Turpin 7:00pm	5 8:00pm Lift JV 10:00 am Fresh 12:00pm SCPP (Walnut) Test SAT Test
6	7 Mental Monday 2:45pm-6:00pm Jr High South Field 3:00pm-4:00pm	8 Intense Tuesday 2:45pm-6:00pm Jr High Marx Field 3:00pm-5:30pm	9 Working Wed. 2:45pm-6:00pm Jr High Study Table 2:45pm-4:15pm Marx 4:45pm-6:00pm	10 Perfect Practice Study Table & Marx 2:45pm-6:00pm Jr High at Kings	11 Varsity at Kings 7:00pm End of 1st Quarter	12 8:00pm Lift JV 10:00 am Fresh 12:00pm
13	14 Mental Monday 2:45pm-6:00pm Jr High South Field 3:00pm-4:00pm	15 Intense Tuesday 2:45pm-6:00pm Jr High Marx Field 3:00pm-5:30pm	16 Working Wed. 2:45pm-6:00pm Jr High Study Table 2:45pm-4:15pm Marx 4:45pm-6:00pm PSAT	17 Perfect Practice Study Table & Marx 2:45pm-6:00pm Jr High TBD	18 Varsity at Loveland 7:00pm	19 8:00pm Lift JV 10:00 am Fresh 12:00pm
20	21 Mental Monday 8:00am-11:00am No School	22 Intense Tuesday 2:45pm-6:00pm Teacher Jersey Exchange	23 Working Wed. 2:45pm-6:00pm	24 Perfect Practice Study Table & Marx 2:45pm-6:00pm	25 Varsity at Home vs. Anderson 7:00pm	26 8:00pm Lift JV 10:00 am Fresh 12:00pm ACT Test
27	28 Mental Monday 2:45pm-6:00pm Family Jersey Exchange Senior Week	29 Intense Tuesday 2:45pm-6:00pm Senior Dinner Senior Week	30 Working Wed. 2:45pm-6:00pm Senior Last Hit Senior Week	31 Perfect Practice Study Table & Marx 2:45pm-6:00pm Senior Send Off Senior Week		
		Notes				



WALNUT HILLS FOOTBALL

November 2019

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
										1	Varsity at Home vs. Withrow 7:00pm Senior Night	2	8:00pm Lift JV 10:00 am Fresh 12:00pm SAT Test
3	Daylight Saving	4	Mental Monday 2:45pm-6:00pm	5	Intense Tuesday 8:00am-11:00am Election Day No School Touchdown Club 7pm	6	Working Wed 2:45pm-6:00pm SWOFCA Meeting 7pm	7	Perfect Practice Study Table & Marx 2:45pm-6:00pm	8	Varsity Playoffs 1st Round 7:00pm	9	8:00pm Lift
10		11	Mental Monday 8:00am-11:00am Veterans Day No School	12	Intense Tuesday 2:45pm-6:00pm Midterm Week	13	Working Wed 2:45pm-6:00pm	14	Perfect Practice Study Table & Marx 2:45pm-6:00pm	15	Varsity Regional Semi Finals 7:00pm	16	8:00pm Lift SCPP (Walnut) Test
17		18	Mental Monday 2:45pm-6:00pm	19	Intense Tuesday 2:45pm-6:00pm	20	Working Wed 2:45pm-6:00pm	21	Perfect Practice Study Table & Marx 2:45pm-6:00pm	22	Varsity Regional Finals 7:00pm	23	8:00pm Lift
24		25	Mental Monday 2:45pm-6:00pm	26	Intense Tuesday 2:45pm-6:00pm	27	Working Wed 2:45pm-6:00pm Thanksgiving Break No School	28	Thanksgiving Perfect Practice 8:00am-10:00am Thanksgiving Break No School	29	Varsity State Semi Finals 7:00pm Thanksgiving Break No School	30	8:00pm Lift
				Notes									



WALNUT HILLS FOOTBALL December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Mental Monday 2:45pm-6:00pm	3 Intense Tuesday 2:45pm-6:00pm Touchdown Club 7pm	4 Working Wed 2:45pm-6:00pm	5 Perfect Practice Study Table & Marx 2:45pm-6:00pm	6 Varsity State Championship 7:00pm	7 SAT Test
8	9	10	11 SWOFCA Meeting 7pm	12	13	14 SCPP (Walnut) Test ACT Test
15 Football Awards Banquet H.S. and Jr. High 1pm-3pm	16 Exam Week Off	17 1st Semester Exams Off	18 1st Semester Exams Off	19 1st Semester Exams Off	20 1st Semester Exams End of 2nd Quarter Off	21
22	23 Winter Break No School Off	24 Christmas Eve Winter Break No School Off	25 Christmas Day Winter Break No School Off	26 Winter Break No School Off	27 Winter Break No School Off	28
29	30 Winter Break No School Off	31 New Year's Eve Winter Break No School Off				
Notes: Lifting will begin on Monday, Tuesday, Thursday 30 days after our last contest						