



WALNUT HILLS FOOTBALL

January 2019

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
				1 New Year's Day Winter Break Off No School	2 Winter Break Off No School		3 Winter Break Off No School		4 Winter Break Off No School		5		
6		7 Study Table & Lifting 2:45pm-5:30pm	8 Lifting 3:00pm-4:30pm Touchdown Club 7pm		9		10 Lifting 3:00pm-4:30pm		11		12 Give Back Day		
13 Give Back Day		14 Lifting 2:00pm-3:30pm Teacher Inservice No School	15 Lifting 3:00pm-4:30pm		16		17 Lifting 3:00pm-4:30pm		18		19		
20		21 ML King Day Lifting 2:00pm-3:30pm No School	22 Lifting 3:00pm-4:30pm		23 SWOFCA Meeting 7pm		24 Lifting 3:00pm-4:30pm		25		26		
27		28 Study Table & Lifting 2:45pm-5:30pm	29 Lifting 3:00pm-4:30pm		30		31 Lifting 3:00pm-4:30pm Staff Meeting 4:30pm-6:00pm						
				Notes: Jr High lift with HS on a modified workout focussing on body weight and form									



WALNUT HILLS FOOTBALL

February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Give Back Day	2 Give Back Day SCPP (Walnut) Test
3	4 Lifting 2:00pm-3:30pm Teacher Inservice No School	5 Lifting 3:00pm-4:30pm Touchdown Club 7pm	6	7 Lifting 3:00pm-4:30pm OHSFCA Coach Clinic	8 OHSFCA Coach Clinic	9 Give Back Day OHSFCA Clinic ACT Test
10	11 Study Table & Lifting 2:45pm-5:30pm Parent/Player Meeting 6:00pm-6:30pm Mulch FR Launch	12 Lincoln's B-Day Lifting 3:00pm-4:30pm	13 Give Back Day	14 Valentine's Day Lifting 3:00pm-4:30pm Give Back Day	15	16 Give Back Day
17	18 Presidents' Day Lifting 2:00pm-3:30pm No School	19 Lifting 3:00pm-4:30pm Give Back Day	20 Give Back Day	21 Lifting 3:00pm-4:30pm	22 Glazier Coach Clinic	23 Glazier Coach Clinic
24 Glazier Coach Clinic	25 Study Table & Lifting 2:45pm-5:30pm Give Back Day	26 Lifting 3:00pm-4:30pm Mulch Order Collection 4:30pm-4:45pm	27	28 Lifting 3:00pm-4:30pm Mulch Order Collection 4:30pm-4:45pm		
Notes: Jr High lift with HS on a modified workout focussing on body weight and form						



WALNUT HILLS FOOTBALL

March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Mulch Neighborhood Blitz 9:00am-1:00pm
3	4 Study Table & Lifting 2:45pm-5:30pm March Madness Competition Begins	5 Lifting 3:00pm-4:30pm Mulch Order Collection 4:30pm-4:45pm Touchdown Club 7pm	6	7 Lifting 3:00pm-4:30pm Mulch Order Collection 4:30pm-4:45pm	8 SWOFCA Clinic at UC	9 Mulch Neighborhood Blitz 9:00am-1:00pm SWOFCA Clinic at UC SAT Test
10	11 Study Table & Lifting 2:45pm-5:30pm	12 Lifting 3:00pm-4:30pm Mulch Order Collection 4:30pm-4:45pm	13	14 Lifting 3:00pm-4:30pm Mulch Order Collection 4:30pm-4:45pm Staff Meeting 4:30pm-6:00pm	15 End of 3rd Quarter	16 Mulch Neighborhood Blitz 9:00am-1:00pm
17	18 Study Table & Lifting 2:45pm-5:30pm	19 Lifting 3:00pm-4:30pm Mulch Order Collection 4:30pm-4:45pm	20	21 Lifting 3:00pm-4:30pm Mulch Order Collection 4:30pm-4:45pm	22 Spring Break Off Give Back Day No School	23 Give Back Day
24	25 Spring Break Off No School	26 Spring Break Off No School	27 Spring Break Off No School	28 Spring Break Off No School	29 Spring Break Off No School	30
31	Notes: Jr High lift with HS on a modified workout focussing on body weight and form					



WALNUT HILLS FOOTBALL

April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Study Table & Lifting 2:45pm-5:30pm	2 Lifting & Field 3:00pm-5:00pm Mulch Order Collection 5:00pm-5:15pm Touchdown Club 7pm	3	4 Lifting & Field 3:00pm-5:00pm Mulch Order Collection 5:00pm-5:15pm	5	6 TBD Mulch Neighborhood Blitz 9:00am-1:00pm
7	8 Study Table & Lifting 2:45pm-5:30pm	9 Lifting & Field 3:00pm-5:00pm Mulch Order Collection 5:00pm-5:15pm	10	11 Lifting & Field 3:00pm-5:00pm Mulch Order Collection 5:00pm-5:15pm Last Mulch Turn In	12	13 Prom ACT Test
14	15 Study Table & Lifting 2:45pm-5:30pm	16 Lifting & Field 3:00pm-5:00pm	17	18 Lifting & Field 3:00pm-5:00pm	19	20 Mulch Madness Delivery Day All Parents, Players, Coaches
21 Easter	22 Study Table & Lifting 2:45pm-5:30pm Parent/Player Meeting 6:00pm-6:30pm Launch Buddy Card Fundraiser	23 Lifting & Field 3:00pm-5:00pm	24	25 Lifting & Field 3:00pm-5:00pm Buddy Card Money Collect 5:00pm-5:15pm	26 Give Back Day	27
28	29 Study Table & Lifting 2:45pm-5:30pm Give Back Day	30 Lifting & Field 3:00pm-5:00pm				
Notes: Jr High lift with HS on a modified workout focussing on body weight and form						



WALNUT HILLS FOOTBALL

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1		2 Lifting & Field 3:00pm-5:00pm Buddy Card Money Collect 5:00pm-5:15pm	3	4 SAT Test
5 Flying Pig Water Station 5:00am-12:00pm	6 Study Table & Lifting 2:45pm-5:30pm	7 Lifting & Field 3:00pm-5:00pm Touchdown Club 7pm	8	9 Lifting & Field 3:00pm-5:00pm Buddy Card Money Collect 5:00pm-5:15pm	10	11 All Players: Physicals at Walnut Jr. High Gym 10:00am-12:00pm \$15 (great deal)	
12 Mother's Day	13 Study Table & Lifting 2:45pm-5:30pm	14 Lifting & Field 3:00pm-5:00pm	15	16 Lifting & Field 3:00pm-5:00pm Staff Meeting 5:00pm-6:30pm End Buddy Card Money Collect 5:00pm-5:15pm	17	18	
19	20 Exam Week Off	21 Exam Week Off	22 Exam Week Off	23 Exam Week Off End of 4th Quarter Last School Day	24 Last Teacher Day	25	
26	27 Memorial Day Off	28 Lift/Condition/ Meet 8:00am-11:00am Install 1 Locker/Helmet Handout 11:00am-12:00pm	29	30 Lift/Condition/ Meet 8:00am-11:00am Install 2	31		
Notes: Jr High lift with HS on a modified workout focussing on body weight and form							



WALNUT HILLS FOOTBALL

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						SAT Test
2	3 Lift/Condition/ Meet 8:00am-11:00am Install 3 Snap Launch 11:00am-11:30am	4 Lift/Condition/ Meet 8:00am-11:00am Install 4 Snap Kickoff 11:00am-11:30am Touchdown Club 7pm	5	6 Lift/Condition/ Field 8:00am-11:00am SWOFCA All-star game 7:30pm at Kings HS	7	8 SWOFCA Golf Outing 1:00pm Avon ACT Test
9	10 Lift/Condition/ Meet 8:00am-11:00am Install 5	11 Lift/Condition/ Meet 8:00am-11:00am Install 6	12	13 Lift/Condition/ Field 8:00am-11:00am	14	15
16 Father's Day	17 Lift/Condition/ Meet 8:00am-11:00am Install 7	18 Lift/Condition/ Meet 8:00am-11:00am Install 8	19	20 Lift/Condition/ Field 8:00am-11:00am	21	22
23	24 Lift/Condition/ Meet 8:00am-11:00am Install 9	25 Lift/Condition/ Meet 8:00am-11:00am Install 10	26	27 Lift/Condition/ Field 8:00am-11:00am	28	29
30		Notes: Jr High lift with HS on a modified workout focussing on body weight and form				



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 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-1:30pm Install 5 & 6 7 on 7 vs. Moeller at South 12:00pm-2:00pm 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		2:45pm-6:00pm		2:45pm-6:00pm		Study Table & Marx		at Home vs. Aiken		JV 10:00 am
			8:00am-11:00am		Jr High Marx Field		Jr High Study Table		2:45pm-6:00pm		7:00pm		Fresh 12:00pm
			Jr High TBD		3:00pm-5:30pm		2:45pm-4:15pm						
	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		at Home vs. West High		JV 10:00 am
			Jr High South Field		Jr High Marx Field		Jr High Study Table		2:45pm-6:00pm		7:00pm		Fresh 12:00pm
			3:00pm-4:00pm		3:00pm-5:30pm		2:45pm-4:15pm		Jr High Home vs				
	Midterm Week		Marx 4:45pm-6:00pm	West Clermont			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		at Home vs. Milford		JV 10:00 am
			Jr High South Field		Jr High Marx Field		Jr High Study Table		2:45pm-6:00pm		7:00pm		Fresh 12:00pm
			3:00pm-4:00pm		3:00pm-5:30pm		2:45pm-4:15pm		Jr High Home vs				
			Marx 4:45pm-6:00pm	Nagel									
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		at West Clermont		JV 10:00 am
			Jr High South Field		Jr High Marx Field		Jr High Study Table		2:45pm-6:00pm		7:00pm		Fresh 12:00pm
			3:00pm-4:00pm		3:00pm-5:30pm		2:45pm-4:15pm		Jr High Home vs				
			No Field	Withdraw									
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						