



WALNUT HILLS FOOTBALL

January 2020

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



WALNUT HILLS FOOTBALL

February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 SCPP (Walnut) Test
2	3 No Lift Teacher Inservice No School	4 Lifting 3:00pm-4:30pm Touchdown Club 7pm	5 National Signing Day Ceremony 11:15am-11:45am Jr High Gym	6 Lifting 3:00pm-4:30pm OHSFCA Coach Clinic	7 OHSFCA Coach Clinic	8 OHSFCA Clinic ACT Test
9	10 Study Table & Lifting 2:45pm-5:30pm	11 Lifting 3:00pm-4:30pm	12	13 Lifting 3:00pm-4:30pm	14 Valentine's Day	15
16	17 Presidents' Day No Lift No School	18 Lifting 3:00pm-4:30pm Mandatory Parent Meeting 5pm Mulch FR Launch	19	20 Lifting 3:00pm-4:30pm	21 Glazier Coach Clinic	22 Glazier Coach Clinic
23 Glazier Coach Clinic	24 Study Table & Lifting 2:45pm-5:30pm	25 ACT HS Lifting 3:00pm-4:30pm Mulch Order Collection 4:30pm-4:45pm	26	27 Lifting 3:00pm-4:30pm Mulch Order Collection 4:30pm-4:45pm	28	29 Mulch Neighborhood Blitz 9:00am-1:00pm
		Notes: Jr High lift with HS on a modified workout focussing on body weight and form				



WALNUT HILLS FOOTBALL

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Study Table & Lifting 2:45pm-5:30pm	3 Lifting 3:00pm-4:30pm Mulch Order Collection 4:30pm-4:45pm Touchdown Club 7pm	4	5 Lifting 3:00pm-4:30pm Mulch Order Collection 4:30pm-4:45pm	6	7 Mulch Neighborhood Blitz 9:00am-1:00pm
8	9 Study Table & Lifting 2:45pm-5:30pm March Madness Competition Begins	10 Lifting 3:00pm-4:30pm Mulch Order Collection 4:30pm-4:45pm	11	12 Lifting 3:00pm-4:30pm Mulch Order Collection 4:30pm-4:45pm	13 End 3rd Quarter	14 Mulch Neighborhood Blitz 9:00am-1:00pm SAT Test
15	16 Study Table & Lifting 2:45pm-5:30pm Campus Blitz AM: 6:45-7:20am PM: 2:30-2:50pm	17 Lifting 3:00pm-4:30pm Mulch Order Collection 4:30pm-4:45pm St. Patrick's Day	18	19 AM Campus Blitz Lifting 3:00pm-4:30pm Mulch Order Collection 4:30pm-4:45pm Staff Meeting 4:30pm-6:00pm	20 End of 3rd Quarter	21
22	23 Spring Break Off No School	24 Spring Break Off No School	25 Spring Break Off No School	26 Spring Break Off No School	27 Spring Break Off No School	28 UC Football Clinic
29	30 Study Table & Lifting 2:45pm-5:30pm	31 Lifting & Field 3:00pm-5:00pm Marx 4:15pm-5pm Mulch Order Collection 5:00pm-5:15pm				
		Notes: Jr High lift with HS on a modified workout focussing on body weight and form				



WALNUT HILLS FOOTBALL

April 2020

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
						1		2	Lifting & Field 3:00pm-5:00pm Marx 4:15pm-5pm Mulch Order Collection 5:00pm-5:15pm	3		4	TBD Mulch Neighborhood Blitz 9:00am-1:00pm ACT Test
5		6	Study Table & Lifting 2:45pm-5:30pm	7	Lifting & Field 3:00pm-5:00pm Marx 4:15pm-5pm Mulch Order Collection 5:00pm-5:15pm Touchdown Club 7pm	8		9	Lifting & Field 3:00pm-5:00pm Marx 4:15pm-5pm Mulch Order Collection 5:00pm-5:15pm Last Mulch Turn In	10		11	Prom Frosh
12	Easter	13	Study Table & Lifting 2:45pm-5:30pm	14	Lifting & Field 3:00pm-5:00pm Marx 4:15pm-5pm	15		16	Lifting & Field 3:00pm-5:00pm Marx 4:15pm-5pm	17		18	Mulch Madness Delivery Day All Parents, Players, Coaches
19		20	Study Table & Lifting 2:45pm-5:30pm	21	Lifting & Field 3:00pm-5:00pm Marx 4:15pm-5pm	22		23	Lifting & Field 3:00pm-5:00pm Marx 4:15pm-5pm	24		25	
26		27	Study Table & Lifting 2:45pm-5:30pm Testing	28	Lifting & Field 3:00pm-5:00pm Marx 4:15pm-5pm Testing 40/shuttle	29		30	Lifting & Field 3:00pm-5:00pm Testing				
				Notes: Jr High lift with HS on a modified workout focussing on body weight and form									



WALNUT HILLS FOOTBALL

May 2020

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



WALNUT HILLS FOOTBALL

June 2020

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



WALNUT HILLS FOOTBALL

July 2020

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
						1	Summer Break Off	2	Summer Break Off	3	Summer Break Off	4	Independence Day
5		6	Lift/Condition/ Field 8:00am-11:00am	7	Lift/Condition/ Field 8:00am-11:00am Touchdown Club 7pm	8		9	Meet/Practice/ Lift 7:30am-1:30am Install 1 Practice 1	10	Senior Breakfast 9:30am-11:30am Coach Beauchamp's	11	UC Seat Install Day 7am-completion (possibility 1)
12		13	Meet/Practice/ Lift 7:30am-1:30pm Install 2 Practice 2	14	Meet/Practice/ Lift 7:30am-1:30pm Install 3 Practice 3	15		16	Meet/Practice/ Lift 7:30am-1:30pm Install 4 Practice 4	17		18	UC Seat Install Day 7am-completion (possibility 2) ACT Test
19		20	Meet/Practice/ Lift 7:30am-2:30pm Install 5 & 6 7 on 7 vs. Moeller at South 9:00am-11:00am Practice 5	21	Meet/Practice/ Lift 7:30am-1:30pm Install 7 & 8 7 on 7 vs. Fenwick at Marx 4pm-6pm Practice 6	22	Meet/Practice/ Lift 7:30am-1:30pm Install 9 & 10 7 on 7 vs. La Salle at Marx 9:00am-11:00am Practice 7	23		24	Depart 8:00am Camp Higher Ground Install 1 Practice 8	25	Camp Higher Ground Install 2 Practice 9
26	Install 3 Camp Higher Ground Return: at school pickup 3:00pm Practice 10	27		28		29		30		31			
<p>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.</p>													



WALNUT HILLS FOOTBALL

August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1 2-a-Day Helmet 8:00am-11:30am Review Install 1-3 Family Picnic 11:30am Jr High - Watch Varsity and stay for picnic	
2	3 2-a-Day Helmet 7:30am-2:30pm Install 4 Jr High South Field 3:00pm-5:00pm	4 2-a-Day Helmet 7:30am-2:30pm Install 5 & 6 Jr High South Field 3:00pm-5:00pm Touchdown Club 7pm	5 2-a-Day H & SP 7:30am-2:30pm Install 7 & 8 Jr High South Field 3:00pm-5:00pm	6 2-a-Day Full NC 7:30am-2:30pm Install 9 & 10 Jr High South Field 3:00pm-5:00pm	7 2-a-Day Full 7:30am-1:30pm Review Jr High South Field 3:00pm-5:00pm	8 Scrimmage at Wyoming 11:00am Report 1:00pm Varsity 2:00pm JV/Freshman	
9	10 2-a-Day 7:30am-2:30pm Install 1 Jr High South Field 3:00pm-5:00pm	11 2-a-Day 7:30am-2:30pm Install 2 Jr High South Field 3:00pm-5:00pm	12 2-a-Day 7:30am-2:30pm Install 3 Jr High South Field 3:00pm-5:00pm	13 2-a-Day 7:30am-1:30pm Install 4 Jr High South Field 3:00pm-5:00pm	14 Scrimmage vs. Elder 2:30pm Report 6:00pm Fresh/JV 7:00pm Varsity Jr High South Field 3:00pm-5:00pm	15 Lift/Film 8:00am-10:30am	
16	17 Intense Tuesday 2:45pm-6:00pm Install 5 & 6 Teacher 1st Day Jr High South Field 3:00pm-4:00pm	18 Working Wed. 2:45pm-6:00pm Install 7 & 8 Jr High Marx Field 4:30pm-6:00pm	19 Perfect Practice 2:45pm-6:00pm Install 9 & 10 Jr High Marx Field 3:00pm-5:30pm	20 Scrimmage Report at 2:30pm at Anderson 7:00pm Fresh./JV 6:00pm Jr High Scrimmage at Anderson	21 Film/Lift 2:30pm-4:30pm Jr High TBD	22 Staff Game Plan Players OFF SAT Test	
23	24 Mental Monday 2:45pm-6:00pm Students 1st Day Jr High South Field 3:00pm-4:00pm	25 Intense Tuesday 2:45pm-6:00pm Jr High Marx Field 3:00pm-5:30pm	26 Working Wed. 2:45pm-6:00pm Jr High Home vs Winton Woods	27 Perfect Practice Study Table & Marx 2:45pm-6:00pm Jr High Film Classroom	28 Varsity at Western Hills 7:00pm	29 8:00am Lift JV 10:00 am Fresh 12:00pm	
30	31 Mental Monday 2:45pm-6:00pm Jr High South Field 3:00pm-4:00pm	Notes: 1st day of Jr High practice - August 3rd.					



WALNUT HILLS FOOTBALL

September 2020

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



WALNUT HILLS FOOTBALL

October 2020

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



WALNUT HILLS FOOTBALL

November 2020

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



WALNUT HILLS FOOTBALL December 2020

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