

# ALPHARETTA HIGH SCHOOL FOOTBALL CALENDAR 2009-10

Updated 08/10/09

(tentative)

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## JANUARY

JANUARY 5 (MON.)	TEAM MEETING-WEIGHT LIFTING PROGRAM CURRENT 8 <sup>TH</sup> – 11 <sup>TH</sup> GRADE ATHLETES (AHS WEIGHT ROOM)	3:00 PM
JANUARY 6 (TUE.)	BEGIN WEIGHT LIFTING (EVERY MON., TUE., THUR., & FRI.) (AHS WEIGHT ROOM)	
	BEGIN 8 <sup>TH</sup> GRADE WEIGHT LIFTING (BUS WILL PICK ATHLETES UP AT WBMS)	4:15-5:30 PM
JANUARY 19 (MONDAY)	MARTIN LUTHER KING JR. HOLIDAY (WEIGHT ROOM CLOSED)	

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## FEBRUARY

FEBRUARY 16 (MONDAY)	PRESIDENT'S DAY HOLIDAY- NO SCHOOL WEIGHT LIFTING	10:00 AM- 12:00 PM
FEBRUARY 25 (WEDNESDAY)	EARLY RELEASE DAY ALL ATHLETES WEIGHT LIFT NO WEIGHT LIFTING FOR 8 <sup>TH</sup> GRADE	6:30 AM
FEBRUARY 26 (THURSDAY)	JUNIOR RAIDER INFORMATIONAL MEETING CURRENT 5 <sup>TH</sup> -7 <sup>TH</sup> GRADES (AHS CAFETERIA)	7:00 PM

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## MARCH

MARCH 9-12 (MON.-THUR.)	WEIGHT LIFTING "TEXAS TECH STYLE" (AHS WEIGHT ROOM)	REGULAR TIMES
MARCH 13 (FRIDAY)	TEACHER WORK DAY- NO SCHOOL NO WEIGHT LIFTING	
MARCH 25 (WEDNESDAY)	EARLY RELEASE DAY (ALL WEIGHT LIFTING IN THE MORNING) NO WEIGHT LIFTING FOR 8 <sup>TH</sup> GRADE	6:30 AM
MARCH 31 (TUESDAY)	FOOTBALL INFORMATIONAL & REGISTRATION CURRENT 8-11 GRADES (AHS CAFETERIA)	7:00 PM

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## APRIL

APRIL 6-10 (MON.-FRI.)	SPRING BREAK (WEIGHT ROOM CLOSED)	
APRIL 18 (SATURDAY)	JUNIOR RAIDER FOOTBALL REGISTRATION (AHS GYMNASIUM)	9:00 AM-1:00 PM

APRIL 20 (MONDAY)	PHYSICALS (AHS Gym Health Rooms)	4:00 PM
APRIL 21-23 (TUES.-THUR.)	LIFT-A-THON CURRENT 8 <sup>TH</sup> -11 <sup>TH</sup> GRADE (AHS WEIGHT ROOM)	4:00 PM
APRIL 25 (SATURDAY)	H.S FOOTBALL REGISTRATION (AHS FINE ARTS BUILDING)	9:00 AM-1:00 PM
	JUNIOR RAIDER FOOTBALL REGISTRATION & EQUIPMENT ISSUE (AHS Fine Arts Building)	9:00 AM- 12:00 PM
APRIL 27- MAY 16 (MONDAY)	JUNIOR RAIDER SPRING FOOTBALL (AHS)	7:00-9:00 PM
APRIL 27 (MONDAY)	UPCOMING 10 <sup>TH</sup> -12 <sup>TH</sup> GRADE EQUIPMENT ISSUE (AHS GYMNASIUM)	4:00 PM
APRIL 28 (TUESDAY)	UPCOMING 9 <sup>TH</sup> GRADE EQUIPMENT ISSUE (AHS GYMNASIUM)	4:15 PM
APRIL 29 (THURSDAY)	SPRING FOOTBALL PRACTICE (4/29-5/12) (AHS)	4:00-6:30 PM

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## MAY

MAY 2 (SATURDAY)	2 <sup>ND</sup> ANNUAL RAIDER RUN FOR AUTISM (AHS)	10:00 AM
MAY 8 (FRIDAY)	AHS LIFT-A-THON FINALE (AHS CAFATERIA)	6:45 PM
MAY 9 (SATURDAY)	JUNIOR RAIDER JAMBOREE (Alpharetta High School)	9:30 AM
MAY 12 (TUE.)	SPRING FOOTBALL GAMES JV VS. FRESHMEN VARSITY	5:00 PM 6:45 PM
MAY 15 (FRIDAY)	AHS POWDER PUFF FOOTBALL GAME (AHS Stadium)	6:00 PM
MAY 16 (SATURDAY)	SPARQ Training & Football Combine (AHS Stadium)	8:00 AM
MAY 16 (SATURDAY)	JUNIOR RAIDER JAMBOREE (Wheeler High School)	9:30 AM
MAY 18-22 (MON.-FRI.)	NO WEIGHT LIFTING	
MAY 20-22 (WED.-FRI.)	FINAL EXAMS	
MAY 25 (MON.)	MEMORIAL DAY NO WEIGHT LIFTING	

Week MAY 26  
(TUE.)

SUMMER WEIGHT LIFTING AND CONDITIONING BEGINS  
(WORKOUTS TUE., WED., THUR. & FRI  
THROUGHOUT THE SUMMER)

8:00-11:00 AM

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## JUNE

Week JUNE 1

Workouts (Monday – Thursday)  
Monday - OL/DL Drills  
Tuesday – 7on7 Passing O vs D  
Wednesday – Special Teams

8:00AM – 11:00AM  
6:00AM – 7:45AM  
12:00PM – 2:00PM  
12:00PM – 1:30PM

JUNE 6

NORTH METRO OFFENSIVE LINE CAMP  
(All Offensive Linemen must Attend)

8:00AM – 2:45PM

Week JUNE 8

Workouts (Monday – Thursday)  
Monday - OL/DL Drills  
Tuesday – 7on7 Passing O vs D  
Wednesday – Special Teams

8:00AM – 11:00AM  
6:00AM – 7:45AM  
12:00PM – 2:00PM  
12:00PM – 1:30PM

Week JUNE 15

Workouts (Monday – Thursday)  
Monday - OL/DL Drills  
Tuesday – 7on7 Passing O vs D  
Wednesday – Special Teams

8:00AM – 11:00AM  
6:00AM – 7:45AM  
12:00PM – 2:00PM  
12:00PM – 1:30PM

Week JUNE 22

Workouts (Monday – Thursday)  
Monday - OL/DL Drills  
Tuesday – 7on7 Passing O vs D  
Wednesday – Special Teams

8:00AM – 11:00AM  
6:00AM – 7:45AM  
12:00PM – 2:00PM  
12:00PM – 1:30PM

JUNE 29-JULY 3  
(MON.-FRI.)

NO WEIGHT LIFTING AND CONDITIONING

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## JULY

Week JULY 6

Workouts (Monday – Thursday)  
Monday - OL/DL Drills  
Tuesday – 7on7 Passing O vs D  
Wednesday – Special Teams

8:00AM – 11:00AM  
6:00AM – 7:45AM  
12:00PM – 2:00PM  
12:00PM – 1:30PM

Week JULY 13

Workouts (Monday – Tuesday)  
Monday - OL/DL Drills  
Tuesday – 7on7 Passing O vs D

8:00AM – 11:00AM  
6:00AM – 7:45AM  
12:00PM – 2:00PM

JULY 15-17  
(WED.-FRI.)

PRESBYTERIAN COLLEGE CAMP  
7 on 7, Offensive Line / Defensive Line Camp  
(Entire Team Must Attend)

5:45AM Arrive AHS  
6:30AM Departs  
7/17 2:30PM Return

JULY 20-22  
(MON.-WED.)

FELLOWSHIP OF CHRISTIAN ATHLETES TEAM CAMP  
(UNIVERSITY OF WEST GEORGIA)  
(Entire Team Must Attend)

7:30AM Arrive AHS  
8:15AM Departs  
7/22 2:00PM Return

**JULY**

<b>JULY 25 (SATURDAY)</b>	<b>H.S &amp; JUNIOR RAIDER FOOTBALL REGISTRATION (AHS GYMNASIUM)</b>	<b>9:00 AM - 12:00 PM</b>
<b>JULY 25 (SATURDAY)</b>	<b>SMART HEART SCAN (RESCHEDULED 08/29/09) (AHS GYMNASIUM)</b>	<b>9:00 AM – 6:00 PM</b>
<b>JULY 27-30 (MON.-THUR.)</b>	<b>PHYSICAL FITNESS TESTING, CONDITIONING &amp; FOOTBALL PRACTICE (MANDATORY)</b>	<b>8:00AM - 10:30 AM 11:30AM – 2:00PM</b>
<b>JULY 27 (MON.)</b>	<b>H.S. PARENTS' MANDATORY MEETING (AHS CAFETERIA)</b>	<b>7:00 PM</b>
<b>JULY 28 (TUE.)</b>	<b>JUNIOR RAIDERS PARENTS' MANDATORY MEETING (AHS CAFETERIA)</b>	<b>7:00 PM</b>
<b>JULY 31 (FRI.)</b>	<b>H.S FOOTBALL PRACTICE (AHS)</b>	<b>8:00-10:30 AM</b>

**AUGUST**

<b>AUGUST 1 (SAT.)</b>	<b>OLD SOLDIERS DAY PARADE (CITY OF ALPHARETTA)</b>	<b>8:00-11:30 AM</b>
<b>Week AUGUST 3 (MON 08/03)</b>	<b>Two-a-Days (HELMET AND SHOULDER PADS) PRACTICE Special Teams Meeting PRACTICE</b>	<b>6:00AM – 8:15AM 9:00AM 4:00PM – 6:30PM</b>
<b>(TUES 08/04)</b>	<b>PRACTICE Special Teams Meeting Group Meeting PRACTICE</b>	<b>6:00AM – 8:15AM 9:00AM 2:30PM 4:00PM – 6:30PM</b>
<b>(WED 08/05)</b>	<b>PRACTICE Special Teams Meeting Group Meeting PRACTICE</b>	<b>6:00AM – 8:15AM 9:00AM 2:30PM 4:00PM – 6:30PM</b>
<b>(THUR 08/06)</b>	<b>PRACTICE Special Teams Meeting Group Meeting PRACTICE</b>	<b>6:00AM – 8:15AM 9:00AM 2:30PM 4:00PM – 6:30PM</b>
<b>(FRI 08/07)</b>	<b>NO AM PRACTICE NO Special Teams Meeting Group Meeting PRACTICE</b>	<b>2:30PM 4:00PM – 6:30PM</b>
<b>AUGUST 7 (FRI.)</b>	<b>TEAM PICTURES (AHS STADIUM)</b>	<b>12:00 PM</b>
<b>AUGUST 7 (FRI.)</b>	<b>SENIOR COOK OUT (Glen Abbey Club House)</b>	<b>7:15 PM</b>

<b>AUGUST 10</b> <b>(MON.)</b>	<b>FIRST DAY OF SCHOOL</b>	<b>8:40 AM</b>
	<b>FOOTBALL PRACTICE</b>	<b>4:00PM - 6:30PM</b>
<b>AUGUST 11</b> <b>(TUE.)</b>	<b>FALL COVERED DISH</b> <b>(AHS CAFETERIA)</b>	<b>6:30PM</b>
<b>AUGUST 14</b> <b>(FRI.)</b>	<b>FALL KICKOFF:</b> <b>(AHS STADIUM)</b> <b>JV VS. FRESHMAN</b> <b>VARSITY</b>	<b>5:00 PM</b> <b>6:45 PM</b>
<b>AUGUST 19</b> <b>(Wed.)</b>	<b>JUNIOR RAIDERS COOK OUT</b> <b>(AHS STADIUM)</b>	<b>6:30 PM</b>
<b>AUGUST 21</b> <b>(FRI.)</b> (date changed to Friday)	<b>VARSITY SCRIMMAGE VS NORTH FORSYTH</b> <b>(AT AHS)</b>	<b>7:30 PM</b>
<b>AUGUST 27</b> <b>(THURS.)</b>	<b>FR VS WHEELER (AWAY)</b> <b>JV VS WHEELER (AWAY)</b>	<b>5:00 PM</b> <b>7:00 PM</b>
<b>AUGUST 28</b> <b>(FRI.)</b>	<b>VARSITY FOOTBALL GAME</b> <b>(AWAY VS SOUTH FORSYTH)</b>	<b>7:30PM</b>
<b>August 29</b> <b>(SATURDAY)</b>	<b>SMART HEART SCAN</b> <b>(AHS GYMNASIUM)</b>	<b>9:00 AM – 6:00 PM</b>

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## **SEPTEMBER**

<b>SEPTEMBER 3</b> <b>(THURS.)</b>	<b>FR VS CENTENNIAL (HOME)</b> <b>JV VS CENTENNIAL (HOME)</b>	<b>5:00 PM</b> <b>7:00 PM</b>
<b>SEPTEMBER 4</b> <b>(FRI.)</b>	<b>VARSITY FOOTBALL GAME</b> <b>(HOME VS WHEELER)</b> <b>(Middle School Night)</b>	<b>7:30 PM</b>
<b>SEPTEMBER 7</b> <b>(MON.)</b>	<b>LABOR DAY</b> <b>FOOTBALL PRACTICE</b>	<b>5:00-8:00 PM</b>
<b>SEPTEMBER 10</b> <b>(THURS.)</b>	<b>FR VS MILTON (AWAY)</b> <b>JV VS MILTON (AWAY)</b>	<b>5:00 PM</b> <b>7:00 PM</b>
<b>SEPTEMBER 11</b> <b>(FRI.)</b>	<b>VARSITY FOOTBALL GAME</b> <b>(AWAY VS CENTENNIAL)</b>	<b>7:30 PM</b>
<b>SEPTEMBER 17</b> <b>(THURS.)</b>	<b>FR VS WALTON (HOME)</b> <b>JV VS WALTON (HOME)</b>	<b>5:00 PM</b> <b>7:00 PM</b>
<b>SEPTEMBER 18</b> <b>(FRI.)</b>	<b>VARSITY FOOTBALL GAME</b> <b>(HOME VS MILTON)</b>	<b>7:30 PM</b>
<b>SEPTEMBER 24</b> <b>(THURS.)</b>	<b>FR VS LASSITER (HOME)</b> <b>JV VS LASSITER (HOME)</b>	<b>5:00 PM</b> <b>7:00 PM</b>
<b>SEPTEMBER 25</b> <b>(FRI.)</b>	<b>VARSITY FOOTBALL GAME</b> <b>(AWAY VS WALTON)</b>	<b>7:30 PM</b>

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## OCTOBER

OCTOBER 1 (THURS.)	FR VS ROSWELL (AWAY) JV VS ROSWELL (AWAY)	5:00 PM 7:00 PM
OCTOBER 2	VARSDITY (Off Week)	
OCTOBER 8 (THURS.)	FR VS POPE (AWAY) JV VS POPE (AWAY)	5:00 PM 7:00 PM
OCTOBER 9 (FRI.)	VARSDITY FOOTBALL GAME (AWAY VS LASSITER)	7:30 PM
OCTOBER 16 (FRI.)	VARSDITY FOOTBALL GAME (HOME VS ROSWELL) (Homecoming)	7:30 PM
OCTOBER 23 (FRI.)	VARSDITY FOOTBALL GAME (HOME VS POPE)	7:30 PM
OCTOBER 30 (FRI.)	VARSDITY FOOTBALL GAME (AWAY VS KELL)	7:30 PM

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## NOVEMBER

NOVEMBER 6 (FRI.)	VARSDITY FOOTBALL GAME (HOME VS CAMPBELL) (Senior Night)	7:30 PM
NOVEMBER 13-14 (FRI. – SAT.)	STATE PLAYOFF GAME (TBA) 1 <sup>st</sup> ROUND	TBA
NOVEMBER 20-21 (FRI. – SAT.)	STATE PLAYOFF GAME (TBA) 2 <sup>nd</sup> ROUND	TBA
NOVEMBER 27-28 (FRI. – SAT.)	STATE PLAYOFF GAME (TBA) 3 <sup>rd</sup> ROUND	TBA

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## DECEMBER

DECEMBER 4-5 (FRI. – SAT.)	STATE PLAYOFF GAME (TBA) SEMIFINALS	TBA
DECEMBER 6 (SUNDAY)	AHS FOOTBALL BANQUET (Alpharetta Marriott)	1:00 PM
DECEMBER 12 (FRI. – SAT.)	STATE CHAMPIONSHIP GAME (TBA) GA. DOME	TBA