



APRIL 2011

SCHEDULE OF EVENTS

- Track and Spring Sports!!!
- April 21st: Spring Parent Meeting @ 7pm Sentinel High School Cafeteria. All parents, guardians, and athletes must attend. Meeting will cover
 - *Summer Schedule
 - *Fundraising
 - *Program Philosophy
 - *Program Goals

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5) Track Lift - 3 to 4 Speed Training 4 to 5:30	6	7) Track Lift - 3 to 4 Speed Training 4 to 5:30	8	9) Track Meet Helena
10	11	12) Track Lift - 3 to 4 Speed Training 4 to 5:30	13	14) Track Lift - 3 to 4 Speed Training 4 to 5:30	15	16) Track Meet MCPS
17	18	19) Track Meet Sentinel	20	21) Football Parent Meeting 7pm @ SHS Cafeteria	22	23) Track Meet Butte
24	25	26) Track Meet MCPS Top 10	27	28) Track Meet MCPS	29	30) Track Meet MCPS-Frosh

MISSOULA SENTINEL SPARTANS

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MAY 2011

TEAM CAMP SCHEDULE: JUNE (BELOW)

Sunday, June 12:

8:00-11:00 Athlete testing and/or team prep time
 11:30-12:30 Lunch
 2:30-2:40 Team warm-up / stretch
 2:45-3:30 Team prep
 3:35-4:35 Team kick off shoot-out
 5:00-6:00 Dinner
 7:00-9:00 Passing league / lineman competitions
 9:30 Camp orientation in Daylis Stadium
 11:00 Bed check—lights out

Monday, June 13

7:00-8:00 Breakfast
 9:00-9:10 Team warm-up / stretch
 9:15-9:45 Individual skill periods
 9:50-10:20 Team prep
 10:25-11:15 Team challenge
 11:30-12:30 Lunch
 2:30-2:40 Team warm-up / stretch
 2:45-3:15 Team prep
 3:20-4:30 Team challenge
 5:00-6:00 Dinner
 7:00-9:00 Passing league / lineman competitions
 11:00 Bed check—lights out

Tuesday, June 14

7:00-8:00 Breakfast
 9:00-9:10 Team warm-up / stretch
 9:15-9:45 Individual skill periods
 9:50-10:20 Team prep
 10:25-11:15 Team challenge
 11:30-12:30 Lunch
 2:30-2:40 Team warm-up / stretch
 2:45-4:45 Passing league / lineman competition tournaments
 5:00-6:00 Dinner
 6:30-10:00 Team jamboree tournament

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3) Track Lift - 3 to 4 Speed Training 4 to 5:30	4	5) Track Lift - 3 to 4 Speed Training 4 to 5:30	6	7) Track Meet Kalispell
8	9	10) Track Lift - 3 to 4 Speed Training 4 to 5:30	11	12) Track Meet Greg Rice	13) Track Meet City Frosh	14
15	16	17) Track Lift - 3 to 4 Speed Training 4 to 5:30	18	19) Track Lift - 3 to 4 Speed Training 4 to 5:30	20) Divisionals Kalispell	21) Divisionals Kalispell
22	23	24) Track Lift - 3 to 4 Speed Training 4 to 5:30	25	26) Track Lift - 3 to 4 Speed Training 4 to 5:30	27) State Butte	28) State Butte
29	30	31				

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JUNE 2011

SCHEDULE OF EVENTS

- June 1st Equipment Check-Out, Locker Assignments & Travel Gear.
- June 2nd: Physicals w / Peak Performance. \$30 – Brochure Needed.
- June 6th to 9th: Organized Team Activities (OTA's). \$50 - T-Shirt and Shorts Provided. Brochure Needed.
- June 11th: Leave for AA Camp: SHS @ 10am-Geyser Park (\$10)
- June 12th to 14th: AA Camp in Billings. \$200 - Brochure Needed.
- June 20th: Speed & Agility Camp Begins. \$50 - Brochure Needed.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1) Equipment Check Out	2) Team Physicals @ SHS - 3pm to 7pm	3	4
5	6) OTA's @ SHS-lift 3 to 5 Field 5 to 7pm Test Week!!!	7) OTA's @ SHS-lift 3 to 5 Field 5 to 7pm Test Week!!!	8) OTA's @ SHS-lift 3 to 5 Field 5 to 7pm Test Week!!!	9) OTA's @ SHS-lift 3 to 5 Field 5 to 7pm Test Week!!!	10	11) Leave for AA Camp-10am Geyser Park In Billings!
12) AA Camp * See Schedule on May Events	13) AA Camp * See Schedule on May Events	14) AA Camp * See Schedule on May Events	15) AA Camp Return to Msla Arrive: 12pm	16)	17	18
19	20) Speed & Agility Camp (TBA) Session 3 Summer Condo	21) Speed & Agility Camp	22) Speed & Agility Camp	23) Speed & Agility Camp	24	25
26	27) Speed & Agility Camp	28) Speed & Agility Camp	29) Speed & Agility Camp	30) Speed & Agility Camp		

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JULY 2011

SCHEDULE OF EVENTS

- July 25th to the 29th: Team Camp begins. \$50 – Brochure Needed.
- July 22nd: 5th Annual Gridiron Classic. University Golf Course. Tourney Begins at 3pm... BBQ and Auction to follow at 6pm.
- July 29th: All-City Scrimmage at Stegner Field "SHS" - 6pm.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5) Speed & Agility Camp	6) Speed & Agility Camp	7) Speed & Agility Camp	8) Speed & Agility Camp	9
10	11) Speed & Agility Camp	12) Speed & Agility Camp	13) Speed & Agility Camp	14) Speed & Agility Camp	15	16
17	18) Speed & Agility Camp	19) Speed & Agility Camp	20) Speed & Agility Camp	21) Speed & Agility Camp	22) Golf Tourney– 3pm University Golf Course	23
24	25) Team Camp Lift 5 to 6 Camp 6:30 to 9pm Agoge 5 to 6pm SHS Fields	26) Team Camp Lift 5 to 6 Camp 6:30 to 9 Agoge 5 to 6pm SHS Fields	27) Team Camp Lift 5 to 6 Camp 6:30 to 9 Agoge 5 to 6pm SHS Fields	28) Team Camp Lift 5 to 6 Camp 6:30 to 9 Agoge 5 to 6pm SHS Fields	29) Team Camp * City Scrimmage 6 to 8pm SHS Jamboree 10:30 to 12	30
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AUGUST 2011

SCHEDULE OF EVENTS

* August 8th: Lift-A-Thon @ SHS
Frosh / Soph @ 8am
JV / Varsity @ 9:30am

- August 12th: Doubles Start for Upper Classmen (10 - 12) Report @ 7am.
2nd Session @ 5pm
- August 16th: Doubles Start For Frosh Report @ 7am.
- August 19th: Purple & Gold Scrimmage @ MCPS 4pm.
Team BBQ @ SHS 7pm
- August 19th: Team Break - Away @ SHS 9:30pm (Upper Classmen Only)

* Season Opener vs. Bozeman!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1) Team Lifting Football Only	2) Team Lifting Football Only	3) Team Lifting Football Only	4) Team Lifting Football Only	5	6
7	8) Lift-A-Thon (See Events) * Senior Retreat	9	10	11	12) Doubles Session 1 7:30 to 11:00am Session 2 5:00 to 7:00pm	13) Doubles Session 1 7:30 to 11:00am Session 2 5:00 to 7:00pm
14	15) Doubles Session 1 7:30 to 11:00am Session 2 5:00 to 7:00pm	16) Doubles Start for Frosh Session 1 7:30 to 11:00am Session 2 5:00 to 7:00pm	17) Doubles Session 1 7:30 to 11:00am Session 2 5:00 to 7:00pm	18) Doubles Session 1 7:30 to 11:00am Session 2 5:00 to 7:00pm	19) Purple & Gold Scrimmage *Team BBQ *Team Break-Away	20
21	22) Game Week Practice 3:00 to 6:00pm	23) Game Week Practice 3:00 to 6:00pm	24) Game Week Practice 3:00 to 6:00pm	25) Game Week Practice 3:00 to 6:00pm	26) Game Week Practice 3:00 to 6:00pm	27) Game 1 Go Spartans!!!
28	29	30	31			

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