



**BEXLEY FOOTBALL
SPRING AND SUMMER
CALENDAR**

NEARLY ALL FOOTBALL ATHLETES ARE IN A SPRING SPORT AND LIFTING WITH THEIR TEAMS (THIS IS AWESOME!!!) WE WILL HAVE FOOTBALL LIFTING ON: **TUESDAY & THURSDAY ONLY FROM 3:30—6PM.**

FOOTBALL PLAYERS THAT ARE **NOT IN A SPRING SPORT** WILL LIFT AFTER SCHOOL BE FINISHED BY 4:45.

FOOTBALL PLAYERS PARTICIPATING IN A SPRING SPORT THAT DOES NOT LIFT MAY LIFT BEFORE OR AFTER THEIR PRACTICE ANYTIME DURING THE LIFTING TIME 3:30—6PM.

(ATHLETES WILL ONLY LIFT A CORE MOVEMENT SUCH AS SQUAT VARIATION OR BENCH VARIATION)

MIDDLE SCHOOL FOOTBALL, CURRENT 7TH AND 8TH GRADERS, WILL LIFT WITH THE VARSITY DURING THE TIMES STATED ABOVE AND WILL FOLLOW THE SAME POLICY FOR SPRING SPORT PARTICIPANTS.

-COACH CASTORENA



March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 LIFTING 3:45	2 LIFTING 3:45	3
4	5 LIFTING 3:45	6 LIFTING 3:45	7	8 LIFTING 3:45	9 LIFTING 3:45	10
11	12 LIFTING 3:45	13 LIFTING 3:45	14	15 LIFTING 3:45	16 LIFTING 3:45	17
18	19	20	21	22	23	24
SPRING BREAK						
25	26	27 LIFTING 3:30—6PM	28	29 LIFTING 3:30—6PM	30 NO SCHOOL GOOD FRIDAY	31

BEXLEY LIONS FOOTBALL

BEXLEY HIGH SCHOOL
326 S. CASSINGHAM ROAD
BEXLEY, OHIO 43209

NATHAN.CASTORENA@BEXLEYSCHOOLS.ORG



THE PAIN OF DISCIPLINE OR THE PAIN OF REGRET

April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 LIFTING 3:30—6PM	4	5 LIFTING 3:30—6PM	6 NO SCHOOL	7
8 BEXLEY LIBRARY BOOK SALE VOL- UNTEER OPP. DAY 1	9	10 LIFTING 3:30—6PM	11	12 LIFTING 3:30—6PM	13	14
15 BEXLEY LIBRARY BOOK SALE VOL- UNTEER OPP. DAY 2	16	17 LIFTING 3:30—6PM	18	19 LIFTING 3:30—6PM	20	21 BOOSTERS MULCH SALE
22	23	24 LIFTING 3:30—6PM	25	26 LIFTING 3:30—6PM	27	28
29	30					

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May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 LIFTING 3:30—6PM	2	3 LIFTING 3:30—6PM	4	5
6	7	8 LIFTING 3:30—6PM	9	10 LIFTING 3:30—6PM	11	12
13	14	15 LIFTING 3:30—6PM	16	17 LIFTING 3:30—6PM	18	19
20	21	22	23	24	25	26
27 CLASS OF 2018 GRADUATION	28 NO SCHOOL MEMORIAL DAY	29 LIFTING 3:30—5PM	30 LAST DAY OF SCHOOL	31 LIFTING 3:00—5PM T WORK DAY		

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June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 STR/SPEED 8AM-10AM	2 OFF
3 OFF	4 STR/SPEED 8AM-10AM	5 STR/SPEED 8AM-10AM	6 OFF	7 STR/SPEED 8AM-10AM	8 STR/SPEED 8AM-10AM	9 OFF
10 OFF	11 STR/SPEED 8AM-10AM	12 STR/SPEED 8AM-10AM	13 OFF	14 STR/SPEED 8AM-10AM	15 STR/SPEED 8AM-10AM	16 OFF
17 OFF	18 STR/SPEED 8AM-10AM	19 VARSITY CAMP 8AM-3PM	20 OFF	21 VARSITY CAMP 8AM-3PM	22 STR/SPEED 8AM-10AM	23 OFF
24 OFF	25STR/SPEED 7AM-8:30AM Youth Camp 8:30—11:30am	26STR/SPEED 7AM-8:30AM Youth Camp 8:30—11:30am	27 Youth Camp 8:30—11:30am	28 STR/SPEED 8AM-10AM	29 STR/SPEED 8AM-10AM	30 OFF

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July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 STR/SPEED 8AM-10AM	3 STR/SPEED 8AM-10AM	4 OFF	5 OFF	6 OFF	7 OFF
			NO TRAINING FOR 4TH OF JULY			
8 OFF	9 STR/SPEED 8AM-10AM	10 VARSITY CAMP 8AM-3PM	11 OFF	12 VARSITY CAMP 8AM-3PM	13 STR/SPEED 8AM-10AM	14 OFF
15 OFF	16 STR/SPEED 8AM-10AM	17 VARSITY CAMP 8AM-3PM	18 OFF	19 VARSITY CAMP 8AM-3PM	20 STR/SPEED 8AM-10AM	21 OFF
22 OFF	23 VARSITY CAMP 8AM-3PM	24 VARSITY CAMP 8AM-3PM	25 VARSITY CAMP 8AM-3PM 10 AM 7V7 VS ST. CHARLES	26 VARSITY CAMP 8AM-3PM	27 OFF	28 OFF
29 OFF	30 OFFICIAL PRACTICE STARTS TWO-A-DAY 8AM-3PM	31 TWO-A-DAY 8AM-3PM				

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August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 PRACTICE 8AM—12PM MTGS 12—2	2 TWO-A-DAY 8AM-3PM	3 TWO-A-DAY 8AM-3PM	4 PRACTICE 8AM—12PM
5	6 TWO-A-DAY 8AM-3PM	7 TWO-A-DAY 8AM-3PM	8 ONE PRACTICE 8—11 FILM 11—1PM	9 TWO-A-DAY 8AM-3PM	10 ONE PRACTICE 8—11 FILM 11—1PM	11 SCRIMMAGE VS COLS. BRIGGS 10 AM HOME
12	13 PRACTICE 3:30— 6:00	14 PRACTICE 3:30— 6:00	15 FIRST DAY OF SCHOOL— PRACTICE 3:30— 5:30	16 SCRIMMAGE @ WATKINS 5PM	17 FILM & LIFT 3:30— 6PM	18 WALKTHROUGH 8 AM—1PM
19	20 PRACTICE 3:15—6:30	21 PRACTICE 3:15—6:30	22 PRACTICE 3:15—6:30	23 PRACTICE 3:15—6:30	24 @ HARVEST 7PM	25 LIFT & FILM 8— 10:30am JV HOME
26	27 PRACTICE 3:15—6:30	28 PRACTICE 3:15—6:30	29 PRACTICE 3:15—6:30	30 PRACTICE 3:15—6:30	31 BEAT BUCKEYE VALLEY 7PM	1 JV @ BV

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September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 JV @ BV
2	3	4	5	6	7 BEAT HAMILTON TWP 7PM	8 JV vs Ready???
9	10 NO SCHOOL ROSH HASHANAH	11	12	13	14 BEAT @Academy 7PM	15 JV VS ACADEMY
16	17	18	19 NO SCHOOL YOM KIPPUR	20	21 BEAT GRANDVIEW 7PM	22 @GHHS
23	24	25	26	27	28 BEAT @Liberty Union 7PM	29 VS LU
30						

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October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 BEAT TEAYS	6 JV @TEAYS
7	8	9	10	11	12 BEAT WHITE- HALL HOMECOMING	13 JV @WHITEHALL
14	15	16	17	18	19 BEAT @LONDON 7PM	20 JV VS LONDON
21	22	23	24	25	26 BEAT READY 7PM SENIOR NIGHT	27
28	29	30	31			

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