

Bonner Friars Football

2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-Jul	6-Jul	7-Jul	8-Jul	9-Jul	10-Jul	11-Jul
		Lifting 5 -7	Lifting 5 -7		Lifting 5 -7	
Holiday		Penn Wood @ Bonner 7 on 7 from 6 PM	Practice #7 Offense Practice 6-8 PM	Team Run 6-8 PM		
12-Jul	13-Jul	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul
	Lifting 5 -7		Lifting 5 -7		Lifting 5 -7	
			Practice #8 Offense Practice 6-8 PM	Team Run 6-8 PM		Lehigh University 7 AM to 3 PM
19-Jul	20-Jul	21-Jul	22-Jul	23-Jul	24-Jul	25-Jul
			Lifting 4 -6		Lifting 5 -7	
			Practice #9 Split Practice 6 PM Offense & 7 PM Defense	Team Run 6-8 PM		
	Senior Equipment	Junior Equipment	Sophmore Equipment			
26-Jul	27-Jul	28-Jul	29-Jul	30-Jul	31-Jul	1-Aug
	Lifting 5 -7		Lifting 5 -7		Lifting 5 -7	
				Team Run 6-8 PM		
			Practice #10 Offense Practice 6-8 PM			