

Bonner Friars Football

2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31-May	1-Jun	2-Jun	3-Jun	4-Jun	5-Jun	6-Jun
	Lifting		Lifting		Lifting	
			Practice #2 6-8 Pm			
7-Jun	8-Jun	9-Jun	10-Jun	11-Jun	12-Jun	13-Jun
	Lifting		Lifting		Lifting	
		Practice #3 Split Practice 6 PM Offense & 7 PM Defense	Upper Darby HS @ Bonner 7 on 7 from 7- 8.30 PM			Battle of the Hogs 8AM - 2 PM www.battleofthehogs.com
			PHYSICALS 6-8 PM			
14-Jun	15-Jun	16-Jun	17-Jun	18-Jun	19-Jun	20-Jun
	Lifting 5-7 PM		Lifting 3.30-5.00 PM		Lifting 5-7 PM	
	Summer weight Room Hours begin	Practice #4 Offense Practice 6-8 PM	7 on 7 @Radnor 5 PM Bus Departure	Senior Prospect Camp @ Villanova		WCU 7 on 7 from 7 AM - 3 PM
21-Jun	22-Jun	23-Jun	24-Jun	25-Jun	26-Jun	27-Jun
	Lifting 5-7 PM		Lifting 5-7 PM		Lifting 5-7 PM	
	Bonner Golf Outing Waynesborough CC	Practice #5 Offense Practice 6-8 PM	Anthony Becht Camp 9 AM to 3 PM	Anthony Becht Camp 9 AM to 3 PM	Anthony Becht Camp 9 AM to 3 PM	
28-Jun	29-Jun	30-Jun	1-Jul	2-Jul	3-Jul	4-Jul
	Lifting 5-7 PM		Lifting 4 -6			
Temple Camp 9AM - 3 PM		Penn Wood @ Bonner 7 on 7 from 6-8 PM	Practice #6 Split Practice 6 PM Offense & 7 PM Defense	Team Run 6-8 PM	Holiday	