

July 2010

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--------------------------------|--|---|-------------------------------------|--------------------------------|-------------------------------|
| | | | | 1 RUN 3-4:30 LIFT 5-6 | 2 4th of July Holiday (OFF) | 3 |
| 4 | 5 4th Of July Holiday (OFF) | 6 RUN 3-4:30 | 7 LIFT 4:30-5:45 PRACTICE 6-8p | 8 RUN 3-4:30 LIFT 4:30-6 | 9 OFF | 10 |
| 11 MARCO'S CAR WASH 10-2 BRIDGE SPA IN CLIFTON HEIGHTS | 12 LIFT 4:30-6 | 13 RUN 3-4:30 SHOULDER PADS AD BOOK HAND IN 7-8p | 14 LIFT 4:30-5:45 PRACTICE 6-8p w/ Penn Wood | 15 RUN 3-4:30 LIFT 4:30-6 | 16 OFF | 17 Lehigh 7 on 7 8 am-4 pm |
| 18 | 19 LIFT 4:30-6 | 20 RUN 3-4:30 | 21 LIFT 4:30-5:45 PRACTICE 6-8p w/ Penn Wood | 22 RUN 3-4:30 LIFT 4:30-6 | 23 OFF | 24 |
| 25 | 26 LIFT 4:30-6 | 27 RUN 3-4:30 | 28 LIFT 4:30-6 Practice 6-8P | 29 RUN 3-4:30 LIFT 4:30-6 | 30 OFF | 31 |