

<b>Date</b>	<b>Event</b>	<b>Location</b>	<b>Distance</b>	<b>Sprints</b>	<b>Jumps</b>	<b>Throws</b>
3/7/2011	Practice		Run/Strength	Drills/Strength	B-HJ/G-LJ	Drills/Throws
3/8/2011	Practice		Aerobic	Aerobic	Drills/Jumps	Core/Legs
3/9/2011	Practice		Anaerobic	Anaerobic	Run/Strength	Weights
3/10/2011	Practice		Run	Run/Strength	G-HJ/B-LJ	Drills/Throws
3/11/2011	Practice		Run/Strength	Drills/Strength	Weights	Drills/Throws
<b>3/12/2011</b>	<b>Optional</b>	<b>Hornell</b>	<b>St. Patty's</b>	<b>Race</b>	<b>YMCA</b>	
3/14/2011	Practice		Aerobic	Aerobic	Drills/Jumps	Core/Legs
3/15/2011	Practice		Anaerobic	Anaerobic	Run/Strength	Weights
3/16/2011	Practice		Run	Run/Strength	G-HJ/B-LJ	Drills/Throws
3/17/2011	Practice		Run/Strength	Drills/Strength	Weights	Drills/Throws
3/18/2011	Practice		Run/Strength	Drills/Strength	B-HJ/G-LJ	Drills/Throws
3/21/2011	Practice		Aerobic	Aerobic	Drills/Jumps	Core/Legs
<b>3/21/2011</b>	<b>Parent Meeting</b>	<b>Meeting</b>	<b>6:30 PM</b>	<b>cafeteria</b>		
3/22/2011	Practice		Anaerobic	Anaerobic	Run/Strength	Weights
3/23/2011	Practice		Run	Run/Strength	G-HJ/B-LJ	Drills/Throws
3/24/2011	Practice		Run/Strength	Drills/Strength	B-HJ/G-LJ	Drills/Throws
3/25/2011	Practice		Aerobic	Aerobic	Drills/Jumps	Core/Legs
3/28/2011	Practice		Anaerobic	Anaerobic	Run/Strength	Weights
3/29/2011	Practice		Run	Run/Strength	G-HJ/B-LJ	Drills/Throws
3/30/2011	Practice		Run/Strength	Drills/Strength	B-HJ/G-LJ	Drills/Throws
4/11/2011	Practice		Aerobic	Aerobic	Drills/Jumps	Core/Legs
<b>4/12/2011</b>	<b>Meet</b>	<b>Home</b>	<b>Dansville</b>			
4/13/2011	Practice		Run	Run/Strength	G-HJ/B-LJ	Drills/Throws
4/14/2011	Practice		Run	Prep Events	Prep Jumps	Prep Throws
4/15/2011	Practice		Run	Prep Events	Prep Jumps	Prep Throws
4/18/2011	Practice		Run/Strength	Drills/Strength	B-HJ/G-LJ	Drills/Throws
4/19/2011	Practice		Aerobic	Aerobic	Drills/Jumps	Core/Legs
4/20/2011	Practice		Anaerobic	Anaerobic	Run/Strength	Weights
4/21/2011	Practice		Run	Run/Strength	G-HJ/B-LJ	Drills/Throws
4/25/2011	Practice		Anaerobic	Anaerobic	Run/Strength	Core/Legs
<b>4/26/2011</b>	<b>Meet</b>	<b>Home</b>	<b>Livonia</b>	<b>postponed</b>	<b>to May 24th</b>	
4/27/2011	Practice		Run	Prep Events	Prep Jumps	Prep Throws
4/28/2011	Practice					
<b>4/29/2011</b>	<b>Meet</b>	<b>Bolivar</b>	<b>Twin Tier</b>	<b>Bus 2:45</b>		
<b>4/30/2011</b>	<b>Meet</b>	<b>Dansville</b>	<b>Fabian Inv.</b>	<b>Bus 8:30</b>		
5/2/2011	Practice		Anaerobic	Anaerobic	Run/Strength	Core/Legs
<b>5/3/2011</b>	<b>Meet</b>	<b>Way-Co</b>	<b>postponed</b>	<b>to May 12th</b>		
5/4/2011	Practice		Run	Run/Strength	G-HJ/B-LJ	Drills/Throws
5/5/2011	Practice		Run/Strength	Drills/Strength	Weights	Drills/Throws
<b>5/6/2011</b>	<b>Meet</b>	<b>Bath</b>				
5/9/2011	Practice		Anaerobic	Anaerobic	Run/Strength	Drills/Throws
<b>5/10/2011</b>	<b>Meet</b>	<b>Bath</b>		<b>Bus 3:30</b>		
5/11/2011	Practice		Run	Run/Strength	G-HJ/B-LJ	Drills/Throws
<b>5/12/2011</b>	<b>Meet</b>	<b>Way-Co</b>	<b>Bus 3:30</b>			
5/13/2011	Practice		Run	Prep Events	Prep Jumps	Prep Throws
<b>5/14/2011</b>	<b>Meet</b>	<b>Wellsville</b>	<b>Spring Day</b>			
5/16/2011	Practice		Anaerobic	Anaerobic	Run/Strength	Drills/Throws
<b>5/17/2011</b>	<b>Meet</b>	<b>Wellsville</b>	<b>Bus 8:15</b>			
5/18/2011	Practice		Run	Run/Strength	G-HJ/B-LJ	Drills/Throws
5/19/2011	Practice		Run	Prep Events	Prep Jumps	Prep Throws
<b>5/19/2011</b>	<b>Meet *</b>	<b>Cal-Mum</b>	<b>LCAA</b>	<b>* Boys PV</b>	<b>Pnt Hrd/Stpl</b>	<b>B-HJ/G-LJ</b>

<b>5/20/2011</b>	<b>Meet</b>	<b>Cal-Mum</b>	<b>LCAA</b>			
5/23/2011	Practice		Anaerobic	Anaerobic	Run/Strength	Drills/Throws
<b>5/24/2011</b>	<b>Meet</b>	<b>Home</b>	<b>Livonia</b>			
5/25/2011	Practice		Run/Strength	Drills/Strength	G-HJ/B-LJ	Weights
5/26/2011	Practice		Run	Prep Events	Prep Jumps	Prep Throws
5/27/2011	Practice		Run	Prep Events	Prep Jumps	Prep Throws
<b>5/28/2011</b>	<b>Meet</b>	<b>Penn Yan</b>	<b>Sectionals</b>			
5/31/2011	Practice		Anaerobic	Anaerobic	Run/Strength	Weights
6/1/2011	Practice		Run	Prep Events	Prep Jumps	Prep Throws
6/2/2011	Practice		Run	Prep Events	Prep Jumps	Prep Throws
<b>6/3/2011</b>	<b>Meet</b>	<b>Cal-Mum</b>	<b>State Qual.</b>			
6/6/2011	Practice		Anaerobic	Anaerobic	Run/Strength	Prep Throws
6/7/2011	Practice		Run/Strength	Drills/Strength	G-HJ/B-LJ	Prep Throws
6/8/2011	Practice		Run	Prep Events	Prep Jumps	Prep Throws
6/9/2011	Practice		Run	Prep Events	Prep Jumps	Prep Throws
<b>6/10/2011</b>	<b>Meet</b>	<b>Cal-Mum</b>	<b>States</b>			
<b>6/11/2011</b>	<b>Meet</b>	<b>Cal-Mum</b>	<b>States</b>			
			<i>Speed:</i>	<i>Drills include:</i>	<i>Drills include:</i>	<i>Drills include:</i>
			<b>Aerobic=</b>	Knee drive	Knee drive	Spins
			Long	Starts	Starts	Glides
			At slower	Quick feet	Box pops	Duck walks
			With short	Accelerators	Scissor hops	Box hops
				Pop-ups	Pop-ups	Pop-ups
			<b>Anaerobic=</b>	High knee	High knee	Back to back
			Short	Butt kick	Butt kick	Jump rope
			At faster	Pony slap	Pony slap	Quick feet
			With long	Step-overs	Step-overs	Carry-overs
				Hops	Hops	Hops
				Lunges	Lunges	Lunges
		Coaches:	Mr. DeMarco	Mr. DeGaetano	Mrs. Rosica	Ms. Kenney