



Kofa Kings Football
November & December 2010 Offseason Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOV. 15	16	17	18	19
LIFTING 1 2:45 p.m. — 4:00 p.m.	LIFTING 2 2:45 p.m. — 4:00 p.m.	LIFTING 3 2:45 p.m. — 4:00 p.m.	LIFTING 4 2:45 p.m. — 4:00 p.m.	Balloon Festival SATURDAY 9 a.m. — 6 p.m.
22	23	<div style="border: 1px solid black; padding: 10px;"> <p>THANKSGIVING BREAK _____</p> <p>Banquet is set for Monday, December 13 at the Kofa High School Cafeteria. 7-on-7 WORKOUTS begin in February and will work around SPRING SPORTS schedules.</p> <p>_____</p> <p style="text-align: center;">What you are as a person is far more important than what you are as a player. - Coach John Wooden</p> </div>		
LIFTING 5 1:15 p.m. — 2:30 p.m.	LIFTING 6 2:45 p.m. — 4:00 p.m.			
29	30	DEC. 1	2	3
LIFTING 7 1:15 p.m. — 2:30 p.m.	LIFTING 8 2:45 p.m. — 4:00 p.m.	LIFTING 9 2:45 p.m. — 4:00 p.m.	LIFTING 10 2:45 p.m. — 4:00 p.m.	
6	7	8	9	10
LIFTING 11 1:15 p.m. — 2:30 p.m.	LIFTING 12 2:45 p.m. — 4:00 p.m.	LIFTING 13 2:45 p.m. — 4:00 p.m.	LIFTING 14 2:45 p.m. — 4:00 p.m.	
13	<div style="border: 1px solid black; padding: 10px;"> <p>FALL SEMESTER FINALS WEEK</p> <p>There are NO EXCUSES — As a PROGRAM we need to get BETTER! 3 wins as a football program is something that needs to change. YOU need to get BIGGER, FASTER, STRONGER, and BETTER as a FOOTBALL PLAYER. IF YOU ARE NOT INVOLVED IN A WINTER SPORT — You must MAKE IT A PRIORITY THE FOOTBALL PROGRAM WILL RETURN TO THE WEIGHT ROOM FOLLOWING WINTER BREAK ON MONDAY, JAN. 10</p> <p>_____</p> <p style="text-align: center;">Football is like life. It teaches work, sacrifice, perseverance, competitive drive, selflessness, and respect for authority Coach Vince Lombardi</p> </div>			
Football Banquet 6:00 p.m. Kofa High School Cafeteria Players Dress Code — Shirt & Tie — NO JEANS — NO HATS				