

January 2011

*Please note if school is cancelled or not in session there is NO LIFTING

ALL DATES AND TIMES ARE SUBJECT TO CHANGE—LISTEN TO MORNING ANNOUNCEMENTS & WATCH FOR EMAILS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13 Booster Meeting 7:30pm, room 139	14	15
16	17	18	19	20	21	22
23	24 winter lifting First day of 8 th grade introductory weight room program after school-4:30	25	26 winter lifting 8 th grade introductory weight room program	27 winter lifting	28	29
30	31 winter lifting 8 th grade introductory weight room program					

February 2011

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ALL DATES AND TIMES ARE SUBJECT TO CHANGE—LISTEN TO MORNING ANNOUNCEMENTS & WATCH FOR EMAILS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 RagTag Info Fliers Sent home w/students	2 winter lifting 8 th grade introductory weight room program	3 winter lifting	4	5
6	7 winter lifting 8 th grade introductory weight room program	8	9 winter lifting 8 th grade introductory weight room program	10 winter lifting Sign ups for RagTag 6-7:30pm @NHS Booster Meeting 7:30pm, room 139	11	12 Sign ups for RagTag 9-11am @NHS
13	14 winter lifting 8 th grade introductory weight room program 	15	16 winter lifting 8 th grade introductory weight room program	17 winter lifting	18	19
20 Sign up for RagTag 2-3:30pm @Pluma's	21 winter lifting 8 th grade introductory weight room program --Presidents Day--	22	23 winter lifting 8 th grade introductory weight room program	24 winter lifting Deadline for RagTag Registration	25	26
27	28 winter lifting 8 th grade introductory weight room program					

March 2011

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 winter lifting Last Day of 8 th grade introductory weight room program	3 winter lifting	4	5
6	7 winter lifting	8 Happy Mardi Gras	9 winter lifting RagTag Team set up 7pm rm 139 Ash Wednesday	10 winter lifting Booster Meeting 7:30pm, room 139	11	12
13	14 winter lifting	15	16 winter lifting	17 winter lifting 	18	19
20	21 winter lifting	22	23 winter lifting	24 winter lifting	25	26
27 Norwin Rag Tag Football 12:45-4pm	28 winter lifting	29	30 winter lifting	31 winter lifting		

April 2011

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 Norwin Rag Tag Football 12:45-4pm	4 winter lifting	5	6 winter lifting	7 winter lifting	8	9
10 Norwin Rag Tag Football 12:45-4pm	11 winter lifting	12	13 winter lifting	14 winter lifting Booster Meeting 7:30pm, room 139	15	16
17 Norwin Rag Tag Football 12:45-4pm	18 winter lifting	19	20 winter lifting	21 NO School-Snow Day	22 No school	23 No School
24 Happy Easter 	25 No School	26 No School-Snow Day	27 winter lifting	28 winter lifting	29	30

May 2011

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 winter lifting	3	4 winter lifting	5 winter lifting	6 No School  Prom	7
8	9 winter lifting	10	11 winter lifting	12 winter lifting Booster Meeting 7:30pm, room 139	13	14
15	16 winter lifting	17	18 winter lifting	19 last day of winter lifting. Summer program begins June 13	20	21
FOOTBALL SIGN UP'S THIS WEEK. PLEASE HAVE YOUR PLAYER LISTEN FOR ANNOUNCEMENTS TO FIND OUT WHEN						
22	23	24	25	26	27 Good Luck Seniors!  Last Day of School	28
29	30 ---Memorial Day---	31 Kennywood				

June 2011

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 on 7 camp date and time TBA Helmet & Shoulder Pads fitted by Century Sports date & time TBA			1	2	3	4
5	6	7	8	9	10	11
12	13 SUMMER CONDITIONING & FOOTBALL SKILLS BEGINS 9-11:30am	14	15 SUMMER CONDITIONING & FOOTBALL SKILLS 9-11:30am	16 SUMMER CONDITIONING & FOOTBALL SKILLS 9-11:30am	17	18
19	20 SUMMER CONDITIONING & FOOTBALL SKILLS 9-11:30am	21	22 SUMMER CONDITIONING & FOOTBALL SKILLS 9-11:30am	23 SUMMER CONDITIONING & FOOTBALL SKILLS 9-11:30am	24	25
26	27 SUMMER CONDITIONING & FOOTBALL SKILLS 9-11:30am	28	29 SUMMER CONDITIONING & FOOTBALL SKILLS 9-11:30am	30 SUMMER CONDITIONING & FOOTBALL SKILLS 9-11:30am		

July 2011

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
SCHOOL DISTRICT SHUT DOWN—NO LIFTING—HAVE A SAFE AND HAPPY 4TH OF JULY WEEK						
10	11 SUMMER CONDITIONING & FOOTBALL SKILLS 9-11:30am	12	13 SUMMER CONDITIONING & FOOTBALL SKILLS 9-11:30am	14 SUMMER CONDITIONING & FOOTBALL SKILLS 9-11:30am Booster Meeting 7:30pm, room 139	15	16
17	18 SUMMER CONDITIONING & FOOTBALL SKILLS 9-11:30am	19	20 SUMMER CONDITIONING & FOOTBALL SKILLS 9-11:30am LIFT-A-THON*	21 SUMMER CONDITIONING & FOOTBALL SKILLS 9-11:30am	22	23
24	25 SUMMER CONDITIONING & FOOTBALL SKILLS 9-11:30am	26 Varsity Equipment Distribution 12 th - 9am 11 th -9:30am 10 th -10am	27 SUMMER CONDITIONING & FOOTBALL SKILLS 9-11:30am	28 SUMMER CONDITIONING & FOOTBALL SKILLS 9-11:30am	29	30
31	*Lift-A-Thon make up days will be scheduled.					

August 2011

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Conditioning	2 MEDIA DAY (Pictures) 	3 Conditioning	4 Conditioning Spirit Knight Time TBA	5	6
7	8 Mini Camp	9 Mini Camp	10 Mini Camp	11 Mini Camp Booster Meeting 7:30pm, room 139	12	13
14	15	16	17	18	19	20 North Hills Scrimmage at Home Kick off Picnic Immediately following scrimmage
<p>---VARSITY FOOTBALL CAMP BEGINS---</p> <p>ALL PLAYERS IN 10-12TH GRADE MUST REPORT TO CAMP AT 7am Monday-Friday</p> <p>No exceptions</p>						
21	22 First Day of School Practice afterschool until 6:30pm	23 Practice after school	24 Practice after school	25 Practice after school Team Dinner	26 Shaler Scrimmage at HOME	27 Practice 9-11am
28	29 Practice after school for remainder of the season, other practices will be announced!	30	31			

September 2011

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Team Dinner	2 Away ---Seneca Valley	3 JV-Home S.V Varsity practice 9-11am
4	5 Practice 9-11:30am --Labor Day--	6	7	8 Booster Meeting 7:30pm, room 139 Team Dinner	9 Away---Upper St Clair	10 JV-Home U.S.C. Varsity practice 9-11am
11	12	13	14	15 Team Dinner	16 Home-Baldwin	17 JV-Away Baldwin Varsity practice 9-11am
18	19	20	21	22 Team Dinner	23 Youth Knight Home-Hempfield	24 JV-Away Hempfield Varsity practice 9-11am
25	26	27	28	29 Team Dinner	30 Away---Gateway	

October 2011

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Norwin SATs JV-Home Gateway Varsity practice 9-11am Knight at the Races
2	3	4	5	6 Team Dinner	7 HOMECOMING Home---Connellsville	8 Homecoming Parade 10am Homecoming Dance
9	10 JV-away Connellsville	11	12	13 Booster Meeting 7:30pm, room 139 Team Dinner	14 Away---McKeesport	15 PSAT's 1pm JV Home McKeesport Varsity practice 9-11am
16	17	18	19	20 Team Dinner	21 ---Senior Knight--- Home---Latrobe	22 JV Away Latrobe Varsity practice 9-11am
23	24	25	26	27 Team Dinner	28 Away---Penn Trafford	29 JV Away Latrobe Varsity practice 9-11am
30	31 ANNOUNCEMENT OF PLAY OFF ALIGNMENT Happy Halloween 					

December 2011

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8 Football Banquet 6pm Lake View Greensburg	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31