

August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 Freshmen In Dorms	17	18 Classes Begin ■ 4:00 PM 3 PM Team Meeting ■ 5:00 PM 4:30 PM Freshmen Physicals	19	20	21
22 ■ 1:00 PM 1:00–3:30 PM Open Gym ■ 3:30 PM 3:30–5:00 PM Out Of Season Conditioning	23 ■ 1:00 PM 1:00–3:30 PM Open Gym ■ 3:30 PM 3:30–5:00 PM Out Of Season Conditioning	24 ■ 1:00 PM 1:00–3:00 PM Open Gym ■ 3:00 PM 3:00–4:30 PM Out Of Season Conditioning	25	26 ■ 2:30 PM 1:30 PM Open Gym ■ 5:00 PM 4 PM Out Of Season Conditioning	27 ■ 2:30 PM 1:30 PM Open Gym ■ 5:00 PM 4 PM Out Of Season Conditioning	28 ■ 7:30 AM 9:00–10:30 AM Strength & Conditioning
29 ■ 1:00 PM 1:00–3:30 PM Open Gym ■ 3:30 PM 3:30–5:00 PM Out Of Season Conditioning	30 ■ 1:00 PM 1:00–3:30 PM Open Gym ■ 3:30 PM 3:30–5:00 PM Out Of Season Conditioning	31 ■ 1:00 PM 1:00–3:00 PM Open Gym ■ 3:00 PM 3:00–4:30 PM Out Of Season Conditioning	1	2 ■ 2:30 PM 1:30 PM Open Gym ■ 5:00 PM 4 PM Out Of Season Conditioning	3 ■ 2:30 PM 1:30 PM Open Gym ■ 5:00 PM 4 PM Out Of Season Conditioning	4 ■ 7:30 AM 9:00–10:30 AM Strength & Conditioning

September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
	<ul style="list-style-type: none"> 1:00 PM 1:00–3:30 PM Open Gym 3:30 PM 3:30–5:00 PM Out Of Season Conditioning 	<ul style="list-style-type: none"> 1:00 PM 1:00–3:00 PM Open Gym 3:00 PM 3:00–4:30 PM Out Of Season Conditioning 		<ul style="list-style-type: none"> 2:30 PM 1:30 PM Open Gym 5:00 PM 4 PM Out Of Season Conditioning 	<ul style="list-style-type: none"> 2:30 PM 1:30 PM Open Gym 5:00 PM 4 PM Out Of Season Conditioning 	<ul style="list-style-type: none"> 7:30 AM 9:00–10:30 AM Strength & Conditioning
5	6	7	8	9	10	11
	<ul style="list-style-type: none"> 1:00 PM 1:00–3:30 PM Open Gym 3:30 PM 3:30–5:00 PM Out Of Season Conditioning 	<ul style="list-style-type: none"> 1:00 PM 1:00–3:00 PM Open Gym 3:00 PM 3:00–4:30 PM Out Of Season Conditioning 		Skill Development Phase <ul style="list-style-type: none"> 1:30 PM 1:30–4:30 PM In-Season Training 	<ul style="list-style-type: none"> 1:00 PM 1:00–5:00 PM In-Season Training 	<ul style="list-style-type: none"> 7:30 AM 7:30–9:00 AM In-Season Strength & Conditioning
12	13	14	15	16	17	18
	Skill Development Phase <ul style="list-style-type: none"> 1:00 PM 1:00–5:00 PM In-Season Training 	<ul style="list-style-type: none"> 1:00 PM 1:00–4:30 PM In-Season Training 	<ul style="list-style-type: none"> 6:00 AM 6:00–7:30 AM Strength & Conditioning 	<ul style="list-style-type: none"> 1:00 PM 1:00–4:30 PM In-Season Training 	<ul style="list-style-type: none"> 1:00 PM 1:00–5:00 PM In-Season Training 	<ul style="list-style-type: none"> 9:00 AM 9:00 AM–12:00 PM In-Season Training
19	20	21	22	23	24	25
	Skill Development Phase <ul style="list-style-type: none"> 1:00 PM 1:00–5:00 PM In-Season Training 	<ul style="list-style-type: none"> 1:00 PM 1:00–4:30 PM In-Season Training 	<ul style="list-style-type: none"> 6:00 AM 6:00–7:30 AM Strength & Conditioning 	<ul style="list-style-type: none"> 1:00 PM 1:00–4:30 PM In-Season Training 	<ul style="list-style-type: none"> 1:00 PM 1:00–5:00 PM In-Season Training 	<ul style="list-style-type: none"> 9:00 AM 9:00 AM–12:00 PM In-Season Training
26	27	28	29	30	1	2
	Skill Development Phase <ul style="list-style-type: none"> 1:00 PM 1:00–5:00 PM In-Season Training 	<ul style="list-style-type: none"> 1:00 PM 1:00–4:30 PM In-Season Training 	<ul style="list-style-type: none"> 6:00 AM 6:00–7:30 AM Strength & Conditioning 	<ul style="list-style-type: none"> 1:00 PM 1:00–4:30 PM In-Season Training 	<ul style="list-style-type: none"> 1:00 PM 1:00–5:00 PM In-Season Training 	<ul style="list-style-type: none"> 9:00 AM 9:00 AM–12:00 PM In-Season Training

October 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 Skill Dev...ent Phase ■ 1:00 PM 1:00–5:00 PM In-Season Training	28 ■ 1:00 PM 1:00–4:30 PM In-Season Training	29 ■ 6:00 AM 6:00–7:30 AM Strength & Conditioning	30 ■ 1:00 PM 1:00–4:30 PM In-Season Training	1 ■ 1:00 PM 1:00–5:00 PM In-Season Training	2 ■ 9:00 AM 9:00 AM–12:00 PM In-Season Training
3	4 Skill Dev...ent Phase ■ 1:00 PM 1:00–5:00 PM In-Season Training	5 ■ 1:00 PM 1:00–4:30 PM In-Season Training	6 ■ 6:00 AM 6:00–7:30 AM Strength & Conditioning	7 ■ 1:00 PM 1:00–4:30 PM In-Season Training	8 ■ 1:00 PM 1:00–5:00 PM In-Season Training	9 ■ 9:00 AM 9:00 AM–12:00 PM In-Season Training
10	11 Combina...nt Phase ■ 1:00 PM 1:00–5:00 PM In-Season Training	12 ■ 1:00 PM 1:00–4:30 PM In-Season Training	13 ■ 6:00 AM 6:00–7:30 AM Strength & Conditioning	14 ■ 1:00 PM 1:00–4:30 PM In-Season Training	15 Fall Break	16
17 Fall Break	18 Combina...nt Phase ■ 1:00 PM 1:00–5:00 PM In-Season Training	19 ■ 1:00 PM 1:00–4:30 PM In-Season Training	20 ■ 6:00 AM 6:00–7:30 AM Strength & Conditioning	21 ■ 1:00 PM 1:00–4:30 PM In-Season Training	22 ■ 1:00 PM 1:00–5:00 PM In-Season Training	23 ■ 9:00 AM 9:00 AM–12:00 PM In-Season Training
24	25 Combina...nt Phase ■ 1:00 PM 1:00–5:00 PM In-Season Training	26 ■ 1:00 PM 1:00–4:30 PM In-Season Training	27 ■ 6:00 AM 6:00–7:30 AM Strength & Conditioning	28 ■ 1:00 PM 1:00–4:30 PM In-Season Training	29 ■ 1:00 PM 1:00–5:00 PM In-Season Training	30 ■ 9:00 AM 9:00 AM–12:00 PM In-Season Training
31	1 Combina...nt Phase ■ 1:00 PM 1:00–5:00 PM In-Season Training	2 ■ 1:00 PM 1:00–4:30 PM In-Season Training	3 ■ 6:00 AM 6:00–7:30 AM Strength & Conditioning	4 ■ 1:00 PM 1:00–4:30 PM In-Season Training	5 ■ 1:00 PM 1:00–5:00 PM In-Season Training	6 ■ 9:00 AM 9:00 AM–12:00 PM In-Season Training

November 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Combina...nt Phase ■ 1:00 PM 1:00–5:00 PM In-Season Training	2 ■ 1:00 PM 1:00–4:30 PM In-Season Training	3 ■ 6:00 AM 6:00–7:30 AM Strength & Conditioning	4 ■ 1:00 PM 1:00–4:30 PM In-Season Training	5 ■ 1:00 PM 1:00–5:00 PM In-Season Training	6 ■ 9:00 AM 9:00 AM–12:00 PM In-Season Training
7	8 Routine ...ent Phase ■ 1:00 PM 1:00–5:00 PM In-Season Training	9 ■ 1:00 PM 1:00–4:30 PM In-Season Training	10 ■ 6:00 AM 6:00–7:30 AM Strength & Conditioning	11 ■ 1:00 PM 1:00–4:30 PM In-Season Training	12 ■ 1:00 PM 1:00–5:00 PM In-Season Training	13 ■ 9:00 AM 9:00 AM–12:00 PM In-Season Training
14	15 Routine ...ent Phase ■ 1:00 PM 1:00–5:00 PM In-Season Training	16 ■ 1:00 PM 1:00–4:30 PM In-Season Training	17 ■ 6:00 AM 6:00–7:30 AM Strength & Conditioning	18 ■ 1:00 PM 1:00–4:30 PM In-Season Training	19 ■ 1:00 PM 1:00–5:00 PM In-Season Training	20 ■ 9:00 AM 9:00 AM–12:00 PM In-Season Training
21 ■ 1:00 PM 1:00–5:00 PM In-Season Training	22 ■ 1:00 PM 1:00–5:00 PM In-Season Training	23 ■ 1:00 PM 1:00–4:30 PM In-Season Training	24 Thanksgiving Break ■ 6:00 AM 6:00–7:30 AM Strength & Conditioning	25	26	27
28 Thanksgiving Break	29 Routine ...ent Phase ■ 1:00 PM 1:00–5:00 PM In-Season Training	30 ■ 1:00 PM 1:00–4:30 PM In-Season Training	1 ■ 6:00 AM 6:00–7:30 AM Strength & Conditioning	2 ■ 1:00 PM 1:00–4:30 PM In-Season Training	3 Last Day Classes ■ 1:00 PM 1:00–5:00 PM In-Season Training	4 ■ 9:00 AM 9:00 AM–12:00 PM In-Season Training

December 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Thanksgiving Break	29 Routine ...ent Phase 1:00 PM 1:00–5:00 PM In-Season Training	30 1:00 PM 1:00–4:30 PM In-Season Training	1 6:00 AM 6:00–7:30 AM Strength & Conditioning	2 1:00 PM 1:00–4:30 PM In-Season Training	3 Last Day Classes 1:00 PM 1:00–5:00 PM In-Season Training	4 9:00 AM 9:00 AM–12:00 PM In-Season Training
5	6 Finals 12:00 PM 12:00–4:00 PM Open Gym	7 12:00 PM 12:00–4:00 PM Open Gym	8 12:00 PM 12:00–4:00 PM Open Gym	9 12:00 PM 12:00–4:00 PM Open Gym	10 12:00 PM 12:00–4:00 PM Open Gym	11
12	13 12:00 PM 12:00–4:00 PM In-Season Training	14 12:00 PM 12:00–4:00 PM In-Season Training	15 9:00 AM 9:00–10:30 AM Strength & Conditioning	16 12:00 PM 12:00–4:00 PM In-Season Training	17 12:00 PM 12:00–4:00 PM In-Season Training	18 Semester Break Travel Home
19 Semester Break	20	21	22	23	24	25
26 Semester Break Travel Back	27 12:00 PM 12:00–4:00 PM In-Season Training	28 12:00 PM 12:00–4:00 PM In-Season Training	29 9:00 AM 9:00–10:30 AM Strength & Conditioning	30 12:00 PM 12:00–4:00 PM In-Season Training	31 12:00 PM 12:00–4:00 PM In-Season Training	1 9:00 AM 9:00 AM–12:00 PM In-Season Training

January 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 Semester Break Travel Back	27 12:00 PM 12:00-4:00 PM In-Season Training	28 12:00 PM 12:00-4:00 PM In-Season Training	29 9:00 AM 9:00-10:30 AM Strength & Conditioning	30 12:00 PM 12:00-4:00 PM In-Season Training	31 12:00 PM 12:00-4:00 PM In-Season Training	1 9:00 AM 9:00 AM-12:00 PM In-Season Training
2	3 1:00 PM 1:00-5:00 PM In-Season Training	4 1:00 PM 1:00-4:30 PM In-Season Training	5 6:00 AM 6:00-7:30 AM Strength & Conditioning	6 Auburn @ Iowa State Friday 7 pm	7	8
9	10 Classes Begin 1:00 PM 1:00-5:00 PM In-Season Training	11 1:00 PM 1:00-4:30 PM In-Season Training	12 6:00 AM 6:00-7:30 AM Strength & Conditioning	13 1:00 PM 1:00-4:30 PM In-Season Training	14 Auburn vs LSU 7 pm	15 9:00 AM 9:00 AM-12:00 PM In-Season Training
16	17 1:00 PM 1:00-5:00 PM In-Season Training	18 1:00 PM 1:00-4:30 PM In-Season Training	19 6:00 AM 6:00-7:30 AM Strength & Conditioning	20 1:00 PM 1:00-4:30 PM In-Season Training	21 Auburn @ Georgia Friday 6:30 pm	22
23	24 1:00 PM 1:00-5:00 PM In-Season Training	25 1:00 PM 1:00-4:30 PM In-Season Training	26 6:00 AM 6:00-7:30 AM Strength & Conditioning	27 1:00 PM 1:00-4:30 PM In-Season Training	28 Auburn vs AR 7 pm	29 9:00 AM 9:00 AM-12:00 PM In-Season Training
30	31 1:00 PM 1:00-5:00 PM In-Season Training	1 1:00 PM 1:00-4:30 PM In-Season Training	2 6:00 AM 6:00-7:30 AM Strength & Conditioning	3 1:00 PM 1:00-4:30 PM In-Season Training	4 Auburn vs KU 7 pm	5 9:00 AM 9:00 AM-12:00 PM In-Season Training

February 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 1:00 PM 1:00–5:00 PM In-Season Training	1 1:00 PM 1:00–4:30 PM In-Season Training	2 6:00 AM 6:00–7:30 AM Strength & Conditioning	3 1:00 PM 1:00–4:30 PM In-Season Training	4 Auburn vs KU 7 pm	5 9:00 AM 9:00 AM–12:00 PM In-Season Training
6	7 1:00 PM 1:00–5:00 PM In-Season Training	8 1:00 PM 1:00–4:30 PM In-Season Training	9 6:00 AM 6:00–7:30 AM Strength & Conditioning	10 1:00 PM 1:00–4:30 PM In-Season Training	11 Auburn @ AL Friday 7:30 pm	12
13	14 1:00 PM 1:00–5:00 PM In-Season Training	15 1:00 PM 1:00–4:30 PM In-Season Training	16 6:00 AM 6:00–7:30 AM Strength & Conditioning	17 Auburn @ FL Friday 6 pm	18	19
20	21 1:00 PM 1:00–5:00 PM In-Season Training	22 1:00 PM 1:00–4:30 PM In-Season Training	23 6:00 AM 6:00–7:30 AM Strength & Conditioning	24 1:00 PM 1:00–4:30 PM In-Season Training	25 Auburn vs Pitt 7 pm	26 9:00 AM 9:00 AM–12:00 PM In-Season Training
27	28 1:00 PM 1:00–5:00 PM In-Season Training	1 1:00 PM 1:00–4:30 PM In-Season Training	2 6:00 AM 6:00–7:30 AM Strength & Conditioning	3 Auburn @ BYU Friday 8 pm	4	5 12:00 PM 12:00–3:00 PM In-Season Training

March 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	1	2	3	4	5
	1:00 PM 1:00–5:00 PM In-Season Training	1:00 PM 1:00–4:30 PM In-Season Training	6:00 AM 6:00–7:30 AM Strength & Conditioning	Auburn @ BYU Friday 8 pm		12:00 PM 12:00–3:00 PM In-Season Training
6	7	8	9	10	11	12
Auburn @ SUU Monday 8 pm			6:00 AM 6:00–7:30 AM Strength & Conditioning	1:00 PM 1:00–4:30 PM In-Season Training	Auburn v...O 7 pm	9:00 AM 9:00 AM–12:00 PM In-Season Training
13	14	15	16	17	18	19
	1:00 PM 1:00–5:00 PM In-Season Training	1:00 PM 1:00–5:00 PM In-Season Training	6:00 AM 6:00–7:30 AM Strength & Conditioning	SEC Championships Saturday		
20	21	22	23	24	25	26
SEC Cha... Saturday	1:00 PM 1:00–5:00 PM In-Season Training	1:00 PM 1:00–4:30 PM In-Season Training	6:00 AM 6:00–7:30 AM Strength & Conditioning	1:00 PM 1:00–4:30 PM In-Season Training	1:00 PM 1:00–5:00 PM In-Season Training	9:00 AM 9:00 AM–12:00 PM In-Season Training
27	28	29	30	31	1	2
	1:00 PM 1:00–5:00 PM In-Season Training	1:00 PM 1:00–4:30 PM In-Season Training	6:00 AM 6:00–7:30 AM Strength & Conditioning	NCAA Regionals Saturday		

April 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 ■ 1:00 PM 1:00–5:00 PM In-Season Training	29 ■ 1:00 PM 1:00–4:30 PM In-Season Training	30 ■ 6:00 AM 6:00–7:30 AM Strength & Conditioning	31 NCAA Regionals Saturday	1	2
3 NCAA Re... Saturday	4 ■ 1:00 PM 1:00–5:00 PM In-Season Training	5 ■ 1:00 PM 1:00–4:30 PM In-Season Training	6 ■ 6:00 AM 6:00–7:30 AM Strength & Conditioning	7 ■ 1:00 PM 1:00–4:30 PM In-Season Training	8 ■ 1:00 PM 1:00–5:00 PM In-Season Training	9 ■ 9:00 AM 9:00 AM–12:00 PM In-Season Training
10 ■ 1:00 PM 1:00–5:00 PM In-Season Training	11 ■ 1:00 PM 1:00–5:00 PM In-Season Training	12 ■ 1:00 PM 1:00–4:30 PM In-Season Training	13 NCAA National Championships	14	15	16
17 NCAA National Championships	18	19	20	21	22	23
24	25	26	27 ■ 11:00 PM Classes End	28 ■ ... Classes End	29	30