



COACH WILSON - ACTIVITY CALENDAR



OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27	28	29	30	31
SMALL BALL HOTBOX	INDOOR KICKBALL	 WEDNESDAY WALK DAY	FITNESS PINBALL	SCATTERBALL

NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
BASKETBALL DRILLS W/PRACTICE	BASKETBALL DRILLS W/PRACTICE	 WEDNESDAY WALK DAY	BASKETBALL GAMES	BASKETBALL GAMES
10	11	12	13	14
VOLLEYBALL DRILLS	VOLLEYBALL DRILLS W/GAMES	 WEDNESDAY WALK DAY	VOLLEYBALL GAMES	VOLLEYBALL GAMES
17	18	19	20	21
FLOOR HOCKEY DRILLS W/GAMES	FLOOR HOCKEY GAMES	 WEDNESDAY WALK DAY	FLOOR HOCKEY GAMES	FREEZEBALL
24	25	26	27	28
CRAB SOCCER	PACER TEST	NO SCHOOL THANKSGIVING RECESS		

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
SCATTERBALL	INDOOR WHIFFLE BALL	 WEDNESDAY WALK DAY	VOLLEYBALL GAMES	PICKLEBALL DRILLS
8	9	10	11	12
PICKLEBALL DRILLS W/GAMES	PICKLEBALL GAMES	 WEDNESDAY WALK DAY	PICKLEBALL GAMES	PICKLEBALL GAMES
15	16	17	18	19
FITNESS PINBALL	INDOOR KICKBALL	 WEDNESDAY WALK DAY	TO BE DECIDED	SCATTERBALL

JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5	6	7	8	9
TCHOUKBALL RULES W/GAMES	TCHOUKBALL GAMES	PACER TEST	TCHOUKBALL GAMES	FREEZEBALL
12	13	14	15	16
COMBINED CLASSES SCATTERBALL	CRAB SOCCER / PACER MAKE-UP	TURN IN LOCKS / CLEAN OUT LOCKER	END OF SEMESTER OPEN GYM	NO SCHOOL TEACHER WORKDAY

Activities take place after daily strength, stretching and cardio exercises are completed.



