



Loganville Football

January 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Workout cycle by week				1	2	3
4	5 Teacher Workday	6 First Day of School	7 MAX Bench	8 MAX Clean	9 MAX Squat & Retries	10
11 Wk 1	12 After school wts.	13 After school wts.	14	15 After school wts.	16	17
18 Wk 2	19 MLK Holiday	20 After school wts.	21	22 After school wts.	23	24
25 Wk 3	26 After school wts.	27 After school wts.	28	29 After school wts.	30	31

Loganville High School
100 Trident Trail
Loganville, GA 30052

“Character, Commitment, Class”

Phone: 678-684-2926
Email: egodfree@walton.k12.ga.us



Loganville Football

February 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Wk 4 Workout cycle by week	2 After school wts. Parents Meeting 7pm in Theater	3 After school wts.	4	5 After school wts.	6	7
8 Wk 5	9 After school wts.	10 After school wts.	11	12 After school wts.	13	14
15 Wk 6	16	17 Workout 9:30 – 11am	18	19 Workout 9:30 – 11am	20	21
22 MAX	23 After school wts. Lower Body	24 After school wts. Upper Body	25 MAX Squats / STW	26 MAX After school wts. Bench	27 MAX Cleans	28
<p>Important Dates: V/JV Spring Practice May 11 – 22. Spring Game on May 22 ; 9th / 8th Spring Practice May 18 – 21</p> <p>Summer Workouts begin: June 1, V/JV from 9:25 – 12noon ; 9th/8th Grade from 5:30 – 7:00pm</p> <p>Summer Workouts are every Monday, Tuesday, and Thursday. No workouts June 28 – July 5 (Vacation Week)</p> <p>Youth Camp is July 13-16 and is for 9th grade and younger ; TD Club Golf Tournament is Sat. May 4</p>						

Loganville High School
100 Trident Trail
Loganville, GA 30052

“Character, Commitment, Class”

Phone: 678-684-2926
Email: egodfree@walton.k12.ga.us



Loganville Football

March 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Wk 1 Workout cycle by week	2 TD Club 7pm After school wts. 3:00 – 4:30	3 After school wts.	4	5 After school wts.	6	7
8 Wk 2	9 After school wts.	10 After school wts.	11	12 After school wts.	13 ½ day	14
15 Wk 3	16 Student Holiday Teacher Workday	17 ½ Day- No Wts.	18 ½ day	19 ½ Day- No Wts.	20	21
22 Wk 4	23 After school wts.	24 After school wts.	25	26 After school wts.	27	28
29 Wk 5	30	31 Workout 9:30 – 11am	April 1	2 Workout 9:30 – 11am	3	4
Spring Break						

Loganville High School
100 Trident Trail
Loganville, GA 30052

“Character, Commitment, Class”

Phone: 678-684-2926
Email: egodfree@walton.k12.ga.us



Loganville Football

April 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Workout cycle by week Wk 5	Spring Break					4
5 MAX	6 TD Club 7pm After school wts. Bench Height & Weight	7 After school wts. Cleans Broad Jump	8 Squat Dip Rep & 5-10-5	9 After school wts. 3-Cone 40 Yard	10 Upper and Lower Body Workout	1
12 Wk 1	13 After school wts.	14 After school wts.	15	16 After school wts.	17	18
19 Wk 2	20 After school wts.	21 After school wts.	22	23 After school wts.	24	25
26 Wk 3	27 After school wts.	28 After school wts.	29	30 After school wts.		

Loganville High School
100 Trident Trail
Loganville, GA 30052

“Character, Commitment, Class”

Phone: 678-684-2926
Email: egodfree@walton.k12.ga.us



Loganville Football

May 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Workout cycle by week Wk 3	After school wts.	After school wts.		After school wts.	1	2
3 Wk 4	4 TD Club 7pm After school wts. Golf Tournament	5 After school wts.	6	7 After school wts.	8	9
10 Wk 5	11 After school wts. V/JV Spring Practice	12 After school wts.	13	14 After school wts.	15	16 Blitz Day 10 -12:30
17 MAX	18 Lower Body V/JV Spring Practice	19 Upper Body	20 Squat / STW	21 Bench	22 Cleans Spring Game	23
24	25 Memorial Day No Wts.	26 STW	27	28 Final Exams	29	30
31						

Loganville High School
100 Trident Trail
Loganville, GA 30052

“Character, Commitment, Class”

Phone: 678-684-2926
Email: egodfree@walton.k12.ga.us



Loganville Football

June 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Workout cycle by week Wk 1	1 TD Club 7pm V/JV 9:25-12:00 7 th /8 th /9 th 5:30-7pm	2 V/JV 9:25-12:00 7 th /8 th /9 th 5:30-7pm	3	4 V/JV 9:25-12:00 7 th /8 th /9 th 5:30-7pm	5	6
7 Wk 2	8 V/JV 9:25-12:00 7 th /8 th /9 th 5:30-7pm	9 V/JV 9:25-12:00 V/JV Passing League ~ 5-8pm 7 th /8 th /9 th 5:30-7pm	10	11 V/JV 9:25-12:00 7 th /8 th /9 th 5:30-7pm	12	13
14 Wk 3	15 V/JV 9:25-12:00 7 th /8 th /9 th 5:30-7pm	16 V/JV 9:25-12:00 V/JV Passing League ~ 5-8pm 7 th /8 th /9 th 5:30-7pm	17	18 V/JV 9:25-12:00 7 th /8 th /9 th 5:30-7pm	19	20
21 Wk 4	22 V/JV 9:25-12:00 7 th /8 th /9 th 5:30-7pm	23 V/JV 9:25-12:00 V/JV Passing League ~ 5-8pm 7 th /8 th /9 th 5:30-7pm	24	25 V/JV 9:25-12:00 7 th /8 th /9 th 5:30-7pm	26	27
28	29	30	July 1	2	3	4
Family/Vacation Week						

Loganville High School
100 Trident Trail
Loganville, GA 30052

“Character, Commitment, Class”

Phone: 678-684-2926
Email: egodfree@walton.k12.ga.us



Loganville Football

July 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Workout cycle by week	Family/Vacation Week			1	2	3	4
5 Wk 5	6 TD Club 7pm V/JV 9:25-12:00 7 th /8 th /9 th 5:30-7pm	7 V/JV 9:25-12:00 V/JV <i>Passing League ~ 5-8pm</i> 7 th /8 th /9 th 5:30-7pm	8	9 V/JV 9:25-12:00 7 th /8 th /9 th 5:30-7pm	10	11	
12 Wk 6	13 V/JV 9:25-12:00	14 V/JV 9:25-12:00	15	16 V/JV 9:25-12:00	17	18	
Loganville Youth Camp 5:00 - 8:30pm							
19 Wk 7	20 V/JV 9:25-12:00 7 th /8 th /9 th 5:30-7pm	21 V/JV 9:25-12:00 7 th /8 th /9 th 5:30-7pm	22	23 V/JV 9:25-12:00 7 th /8 th /9 th 5:30-7pm	24	25	
26 MAX	27 V/JV Max & Conditioning Test 8 th /9 th . 5:30-7pm	28 V/JV Max 8 th /9 th . 5:30-7pm	29 V/JV practice	30 First Day of School V/JV Practice	31 Conditioning Re-Test 6am V/JV Practice	9 th grade practice will start August 3 rd	

Freshman start practice on Aug. 3 ; team pictures are Saturday Aug. 8



Loganville Football

August 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	V/JV Max & Conditioning Test 8 th /9 th . 5:30-7pm	V/JV Max 8 th /9 th . 5:30-7pm	V/JV Practice Begins	First Day of School V/JV Practice	Conditioning Re-Test 6am V/JV Practice	1 Leadership Camp for Jr. and Sr.
2	3 TD Club 7pm 9 th Grade Practice Begins	4	5	6	7 Issue Game Uniforms	8 Team Pictures 9 – 11am
9	10	11	12	13	14 Scrimmage @ South Gwinnett 7:30	15
16	17	18	19	20	21	22
23	24	25	26	27	28 1 st game @ Clarke Central	29

TD Club will meet every Monday at 7pm during the season

Loganville High School
100 Trident Trail
Loganville, GA 30052

“Character, Commitment, Class”

Phone: 678-684-2926
Email: egodfree@walton.k12.ga.us



Loganville Football

September 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 JV/9 th Salem 5:00 Home	4 Bye	5
6	7	8	9	10 JV/9 th @ Rockdale 5:00	11 Salem Home Alumni Night	12
13	14 TD Club Meeting 7PM	15	16	17 JV/9 th Monroe 5:00 Home	18 @ Habersham	19
20	21 TD Club Meeting 7PM	22	23	24 JV/9 th @ Apalachee 5:00	25 @ Cedar Shoals	26
27	28 TD Club Meeting 7PM	29	30			

Loganville High School
100 Trident Trail
Loganville, GA 30052

“Character, Commitment, Class”

Phone: 678-684-2926
Email: egodfree@walton.k12.ga.us



Loganville Football

October 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 JV/9 th Heritage 5:00 Home	2 Heritage Home Youth Night	3
4	5 TD Club Meeting 7PM	6	7	8 JV/9 th @ Walnut Grove 5:00	9 @ Madison	10
11	12 TD Club Meeting 7PM	13	14	15 JV/9 th @ Winder 5:00	16 Apalachee Home	17
18	19 TD Club Meeting 7PM	20	21	22	23 Monroe Home Homecoming	24
25	26 TD Club Meeting 7PM	27	28	29	30 @ Rockdale	31

Loganville High School
100 Trident Trail
Loganville, GA 30052

“Character, Commitment, Class”

Phone: 678-684-2926
Email: egodfree@walton.k12.ga.us



Loganville Football

November 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 TD Club Meeting 7PM	3	4	5	6 Winder Home Senior Night	7
8	9	10	11	12	13 Playoffs	14
15	16	17	18	19	20 Playoffs	21
22	23	24	25	26	27 Playoffs	28
29	30					

Loganville High School
100 Trident Trail
Loganville, GA 30052

“Character, Commitment, Class”

Phone: 678-684-2926
Email: egodfree@walton.k12.ga.us



Loganville Football

December 2009



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

Loganville High School
100 Trident Trail
Loganville, GA 30052

“Character, Commitment, Class”

Phone: 678-684-2926
Email: egodfree@walton.k12.ga.us