

2010
WALLED LAKE CENTRAL
VIKING FOOTBALL
FRESHMAN PRACTICE SCHEDULE



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**WLC FOOTBALL PHYSICALS
& EQUIPMENT NIGHT!**

TUESDAY, MAY 25TH

6:00 P.M.-8:00 P.M.

WALLED LAKE CENTRAL

ROOM D104

COST \$20

**PLAYERS SHOULD WEAR SHORTS AND
T-SHIRT.**

**HELMETS, SHOULDER PADS AND
EQUIPMENT WILL ALSO BE ASSIGNED**

**Nike Truck will be available for discounted
shoes and hex pads**

JUNE 17TH

GOLD CARD BLITZ

4:00 P.M.-7:00 P.M.

MANDATORY UNLESS 20 \$10 CARDS
HAVE BEEN SOLD

ALL FRESHMAN WHO SELL 20 EARN
A BLUE UNDERARMOR HOODY
SWEATSHIRT

PLAYERS WILL MEET IN THE HALL
AT THE END OF THE STADIUM

WALLED LAKE CENTRAL FOOTBALL PASSING
CAMP

JUNE 17TH – JUNE 18TH

8:30 A.M. – 11:30 A.M.

LUNCH

CLOSED CAMPUS

12:30 P.M.-3:30 P.M.

BRING CLEATS, TENNIS SHOES,
WEAR SHORTS AND A T-SHIRT

CAMPS ARE HELD AT WLC

SUMMER WEIGHT LIFTING SCHEDULE

TUESDAY-FRIDAY
8:30 A.M.-10:00 A.M.

MONDAY-THURSDAY
7:00 P.M. - 8:30 P.M.

SUMMER SPEED TRAINING SCHEDULE

TUESDAY & THURSDAY
10:00 A.M. – 11:30 A.M.

PLAYERS WHO AVERAGE 3 DAYS A
WEEK WILL BE RECOGNIZED AS
BERSERKER CLUB MEMBERS

THE WEIGHT ROOM WILL BE CLOSED
JULY 3RD THROUGH JULY 9TH

RUN CAMP DATES

JULY 26TH-JULY 29TH

12:00 P.M.-6:00 P.M.

Saturday, August 7th

7:15 A.M. to 11:00 A.M.

Team and individual pictures in full
uniform
(8:00 A.M.-9:30 A.M.)

Mile Run!
(SHORTS, T-SHIRT, AND RUNNIGN SHOES)
9:30 A.M. – 10:30 A.M.

Backs 6:15
LB & TE 6:45
Linemen 7:30

MONDAY, AUGUST 9TH
TUESDAY, AUGUST 10TH
WEDNESDAY, AUGUST 11TH
THURSDAY, AUGUST 12TH
FRIDAY, AUGUST 13TH

11:30 A.M. DAWN PATROL

12:00 P.M.-6:00 P.M.

CLOSED CAMPUS FOR LUNCH

SHORTS, SHIRTS, SHOES,
& HELMET
NO PADS

SATURDAY, AUGUST 14TH

**5TH ANNUAL
VIKING INVASION**

SCRIMMAGE TIMES:

9:00 A.M. FRESHMAN

10:00 A.M. JUNIOR VARSITY

11:00 A.M. VARSITY

12:30 P.M.

PEP CLUB PICNIC

FOR ALL PLAYERS AND FAMILIES

SUNDAY, AUGUST 15TH

10TH ANNUAL WLC FOOTBALL GOLF OUTING

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IDYL WILD OF LIVONIA

COST IS \$75 PER GOLFER

**PLAYERS FROM ALL LEVELS ARE
EXPECTED TO FIND A GOLF
FOURSOME, OR A HOLE
SPONSORSHIP, OR A CART
SPONSORSHIP**

MONDAY, AUGUST 16TH
TUESDAY, AUGUST 17TH
WEDNESDAY, AUGUST 18TH

11:30 A.M. DAWN PATROL

12:00 P.M. – 6:00 P.M.

CLOSED CAMPUS FOR LUNCH

FULL UNIFORMS

THURSDAY, AUGUST 19TH

4 WAY SCRIMMAGE @ WLC

Walled Lake Central

UD Jesuit

Livonia Churchill

Utica Ford

9TH 2:00 P.M. - 4:30 P.M.

JV 2:00 P.M. - 4:30 P.M.

VARISITY 4:30 P.M. - 7:30 P.M.

FRIDAY, AUGUST 20th

9:00 A.M. – 12:00 P.M.
FILM/MILE RUN/WEIGHT ROOM

SHORTS AND T-SHIRTS

MONDAY, AUGUST 23rd
TUESDAY, AUGUST 24TH
WEDNESDAY, AUGUST 25TH

3:00 P.M. – 6:00 P.M.

THURSDAY, AUGUST 26TH

GAME ONE

WALLED LAKE CENTRAL

VS.

PLYMOUTH CANTON

AWAY

4:00 P.M.

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PLAYERS MUST BE AT WLC AT 12:00 P.M.

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FRIDAY, AUGUST 27TH

9:00 A.M. – 12:00 P.M

SATURDAY, AUGUST 28TH

NO PRACTICE

SUNDAY, AUGUST 29TH

NO PRACTICE

MONDAY, AUGUST 30TH

3:00 P.M.-6:00 P.M.

TUESDAY, AUGUST 31ST

3:00 P.M.-6:30 P.M.

UPPERS ONLY

WEDNESDAY, SEPTEMBER 1ST

GAME TWO

WALLED LAKE CENTRAL

VS.

PLYMOUTH SALEM

AWAY

4:00 P.M.

THURSDAY, SEPTEMBER 2ND

3:00 P.M.-6:00 P.M.

FILM & SPECIALS

FRIDAY, SEPTEMBER 3RD

8:00 A.M.-12:00 P.M.

SATURDAY & SUNDAY

OFF

MONDAY, SEPTEMBER 6TH

4:00 P.M.-8:00 P.M.

WEEK THREE

TUESDAY, SEPTEMBER 7TH

WLC

VS.

WALLED LAKE NORTHERN

HOME

4:00 P.M.

Walled Lake Central Freshman Football Schedule

<u>Date</u>	<u>Opponent</u>	<u>Location</u>
Thu Aug 26 th	Plymouth Canton	AWAY
Wed Sep 1 ST	Plymouth Salem	AWAY
Tue, Sep 7 th	Walled Lake Northern	HOME
Wed, Sep 15 th	Waterford Kettering	HOME
Thu, Sep 23 rd	Waterford Mott	AWAY
Thu, Sep 30 th	White Lake Lakeland	AWAY
Thu, Oct 7 th	Walled Lake Western	AWAY
Thu, Oct 14 th	League Cross Over	HOME
Thu, Oct 21 st	Westland John Glenn	HOME