



Buffalo Athletics



BISON FIGHT NEVER DIES

WEEK AT A GLANCE

AUGUST 19 - 24, 2019

Sport	Monday 8/19	Tuesday 8/20	Wednesday 8/21	Thursday 8/22	Friday 8/23	Saturday 8/24
DOORS OPEN	6:30 AM	6:30 AM	6:15 AM	6:15 AM	7:00 AM	N/A
JH BOYS ATHLETICS	All dressed by 7:30 am Conditioning Meet the Bison 7 PM	All dressed by 7:30 am Conditioning	FB dressed by 6:45 am Practice 6:45-8:15 Offseason 7:30-8:15	FB dressed by 6:45 am Practice 6:45-8:15 Offseason 7:30-8:15	All dressed by 7:30 Practice 7:30-8:15 Offseason 7:30-8:15	N/A
JH GIRLS ATHLETICS	VB: AM Practice @ HS Offseason: Condition @ UJH	VB: AM Practice @ HS Offseason: Condition @ UJH	VB: AM Practice @ HS Offseason: Condition @ UJH	VB: AM Practice @ HS Offseason: Condition @ UJH	VB: AM Practice @ HS Offseason: Condition @ UJH	N/A
5th PERIOD Boy's Athletics	Var FB: Weights JV FB: Skills Offseason: Speed	Var FB: Specialty JV FB: Weights Offseason: Weights	Var FB: Weights JV FB: Skills Offseason: Hips/Flex	FB: Prep for lola Offseason: Weights	Var FB: Film JV FB: Weights Offseason: Condition	N/A
8th PERIOD Girls' Athletics	VB: Skills (aux) BB: Skills (main) SB/TRK: Condition	VB: Skills (aux) BB: Condition (main) SB/TRK: Wt Room	VB: Skills (aux) BB: Skills (main) SB/TRK: Condition	VB: Skills (aux) BB: Condition (main) SB/TRK: Condition	VB: Skills (aux) BB: Condition (main) SB/TRK: Wt Room	N/A
HS FOOTBALL	Practice 3:45-6:00 pm Meet the Bison 7 PM	Var Film 3:45-4:15 JV Team 3:45-4:15 Practice 4:15-6:45 pm	Var Film 3:45-4:15 JV Team 3:45-4:15 Practice 4:15-5:30 pm	Scrimmage @ lola Leave 3:45 pm Start Time 5:30 pm	Var Weights after school 3:45-4:15 pm No JV after school	Off Day
HS VOLLEYBALL	Practice Meet the Bison 7 PM	Practice	Practice	Var VB @ Athens Tourn TBD	Practice or Game?	Var VB @ Athens Tourn TBD
CROSS COUNTRY	Practice HS 6:30-7:20 am JH 3:40-4:30 @ UJH	Practice HS 6:30-7:20 am JH 3:40-4:30 @ UJH	Practice HS 6:30-7:20 am JH 3:40-4:30 @ UJH	Practice HS 6:30-7:20 am JH 3:40-4:30 @ UJH	Off Day	Off Day (independent work)