



IRVINE VAQUERO FOOTBALL

DEAD PERIOD 2010

Monday August 2nd	Tuesday August 3rd	Wednesday August 4th	Thursday August 5th	Friday August 6th
DEAD WEEK (Weight Room Closed) <i>Active Rest</i>	DEAD WEEK (Weight Room Closed) <i>Active Rest</i>	DEAD WEEK (Weight Room Closed) <i>Active Rest</i>	DEAD WEEK (Weight Room Closed) <i>Active Rest</i>	DEAD WEEK (Weight Room Closed) <i>Active Rest</i>
Monday August 9th	Tuesday August 10th	Wednesday August 11th	Thursday August 12th	Friday August 13th
<u>Weight Room</u> 9:00am – 11:00am		<u>Weight Room</u> 9:00am – 11:00am		<u>Weight Room</u> 9:00am – 11:00am
Monday August 16th	Tuesday August 17th	Wednesday August 18th	Thursday August 19th	Friday August 20th
<u>Weight Room</u> 9:00am – 11:00am		<u>Weight Room</u> 9:00am – 11:00am		<u>Weight Room</u> 9:00am – 11:00am