

COWBOYS

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
	STRENGTH	STRENGTH	STRENGTH	STRENGTH	STRENGTH	
25	26	27	28	29	30	
	PRACTICE #1 AGILITY/COND. 3:30-5:30	PRACTICE #2 AGILITY/COND. 4-6	PRACTICE #3 AGILITY/COND. EQUIPMENT 3:30-5:30	PRACTICE #4 HELMETS 4-6	PRACTICE #5 HELMETS 3:30-5:30	

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