



Solon High School Football
 33600 Inwood, Solon, Ohio 44139
 Athletics – 440-349-6244 / Football – 440-349-7757-Ext - 5420 / Fax – 440-349-7712
www.soloncomets.com

2010
Winter / Spring Program
Monday, January 4 through Wednesday, June 2

Purpose: Prepare and work towards NOC / Regional / State Championship

Activities: Strength, Agility, Quickness Training

Program Starts: Monday, January 4, 3:10 – Weight Room

Duration: 1/4/10 to 6/2/10 – 150 Total Days / 62 Workout Days

Schedule: 3:10 – Stretch 3:40 – Weight Room 5:00 – Make-up

Workout Dates:

<u>January</u>	<u>February</u>	<u>March</u>
4 6 8	1 3 4(TH)	1 3 4(TH)
11 13 15	8 10 12	8 10 12
19(T) 20 22	16(T) 17 19	15 17 19
26(T) 27 29	22 24 26	22 24 26
<u>April</u>	<u>May</u>	<u>June</u>
6(T) 7 9	3 5 7	1(T) 2
12 14 16	10 12 14	
19 21 23	17 19 21	
26 28 30	24 26 28	

Testing Dates: Monday, 2/1 Monday, 4/12 Tuesday, 6/1

Tuesday Workouts: January 19, 26 February 16 April 6 June 1

Thursday Workouts: February 4 March 4

Special Days: Friday, 1/29: Workout at 5:30 and attend Wrestling Match
 Friday, 2/26: Workout at 5:30 and attend Basketball Game
 Wednesday, 6/2: Team Day

Make-Ups: If workout missed due to school not in session make up on next school day

Remember: Shaker Heights ? Mentor Parma Hudson
 Mayfield Brunswick Nardon Medina Strongsville

Conference Champions
 1964, 1965, 1966, 1970, 1973, 1974, 1978, 1979, 1982, 1985, 1988, 1989, 1991, 1993, 1996, 1997, 1998, 1999,
 2000, 2001, 2002, 2003, 2004, 2005, 2009
State Playoffs
 1980, 1988, 1989, 1991, 1996, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2009