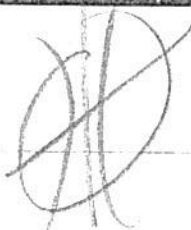


Cougar Strong All Morning Long! November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	* Calander subject to change.	5	6	7	8	9
11	1 st Practice! Go Cougars. 6:00 am	12	13	14	15	16
18	19	20	21	22	23	24
	6:00 am	6:00 am	6:00 am	No Practice * Get 1 <u>tough</u> workout done in 4 days off!	No Practice	
25	26	27	28	29	30	
	6:00 am	6:00 am	6:00 am	6:00 am	6:00 am	

Success is going from failure to failure without loss of enthusiasm!

Failure = learning = motivation = Success!! Go Green!

Self-belief and hard work will always
earn you success! — Virat Kohli

December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
	6:00 am	1st GAME FIRE UP!! Home: Jackson Prep Be at gym 5:00 pm	6:30 am	6:00 am	@ Calhoun Leave WCA 4:00 PM	
9	10	11	12	13	14	15
	6:10 am	6:00 am	6:00 am	6:00 am	@ Steiner Leave wca 3:45	
16	17	18	19	20	21	22
	6:00 am	6:00 am	Pat Patterson luncheon 12 noon 6:00 am	@ Litchfield Leave WCA 4:50		
23	24	25	26	27	28	29
	Monday No Practice	Christmas! No Practice	9:00 - 12 noon	Pat Patterson Hillsdale High DHHS Be there 4pm	Pat Patterson TBA	
30	31					
	No Practice					

Some people dream of success, while other people get up every
morning and make it happen! — Wayne Huizenga

Cougars
Grit!



The price of success is hard work, dedication to the job at hand, and the determination that whether win or lose, we have applied the best of ourselves! ~

January 2019

Vince Lombardi

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<u>Happy New Year!</u>	2	3	4	5
No Mandatory Practice all week		→	* This week, must log minimum <u>(5)</u> workouts! Stay in shape! Be accountable! Monday will be tough!			
6	7	8	9	10	11	12
	6:00 am	6:00 am	6:00 am	6:00 am	HOME Factoryville Christian Be at gym 5:00 pm	
13	14	15	16	17	18	19
	No Practice	6:00 am	6:00 am	6:00 am	HOME Parsophia Be at gym 5:00 pm	
20	21	22	23	24	25	26
	6:00 am	6:00 am	HOME Burr Oak Be at gym by 5:00 pm	6:30 am	HOME Steiner Be at gym 5:00 pm	
27	28	29	30	31		
	6:00 am	@ Jackson Prep Leave WCA 4:30	6:30 am	6:00 am		

Go Green!
Go Gold!



Coming together is a beginning; Keeping together is progress; working together is success. ~ Edward Hale

Character cannot be developed in ease and quiet. Only through experience and trial and suffering can the soul be strengthened, ambition inspired and success achieved.

~ Helen Keller

February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					@ Pansophia 1 Leave WCA 4:45	2
3	4 6:00 am	5 6:00 am	6 6:00 am	7 6:00 am	8 <u>HOME</u> Calhoun Be at gym 5:00 pm SENIOR NIGHT	9
10	11 6:00 am	12 <u>HOME</u> Litchfield Be at gym 5:00 pm	13 6:30 am	14 6:00 am	15 <u>@ Factoryville</u> Leave WCA 4:15	16
17	18 10:00-12 noon	19 <u>@ Tekonsha</u> Leave WCA 4:35	20 6:30 am	21 <u>@ NAJ</u> Leave WCA 5:10	22 6:30 am	23
24	25	26 <u>HOME</u> Tekonsha Be at gym 5:00 pm	27 6:30 am	28 6:00 am		

Go Cougars!


For success, attitude is equally as important as ability!

~ Walter Scott

As long as you keep going, you'll keep getting better.
 And as you get better you gain more Confidence,
 That alone is Success! ~ Tamara Taylor

March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
GO Congrats!	3 Districts Start TBH	4	5	6	7	8 9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	I will tell you now... I. AM. Proud. OF. <u>YOU!</u> ~ ♡ Coach					

Without continual growth and progress, such words as
 improvement, achievement, and success have no meaning!
 ~ Benjamin Franklin