



GET IT DONE PHILOSOPHY



<i>Family</i>		May			<i>Step Up</i>	
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 SPRING FOOTBALL 3-6	24 SPRING FOOTBALL 3-6	25 SPRING FOOTBALL 3-6	26 SPRING FOOTBALL 3-6	27 SPRING FOOTBALL 3-6	28
29	30 MEMORIAL DAY	31 SPRING FOOTBALL 3-6				



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<i>Attitude</i>		June			<i>Integrity</i>	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 SPRING FOOTBALL 3-6	2 SPRING FOOTBALL 3-6	3 SPRING FOOTBALL 3-6	4
5	6 SPRING FOOTBALL 3-6	7 SPRING FOOTBALL 3-6	8 SPRING FOOTBALL 3-6	9 SPRING FOOTBALL 3-6	10 CARDINAL & GOLD GAME JV: 4:00 BARBECUE: 5:00 VARSITY: 6:00	11
12	13 PASSING	14 <i>Single Periods</i> JV/V Passing League VS. Mt. Carmel 3:30	15 <i>Finals: 1 & 5</i>	16 <i>Finals: 3 & 4</i>	17 <i>Finals: 2 & 6</i> SAN DIEGO STATE PASSING TOURNAMENT TBA	18 SAN DIEGO STATE PASSING TOURNAMENT TBA
19	20 Summer Weights J.V./V: 9 - 11 FROSH: 12-1:30	21 Summer Weights FROSH: 12-1:30 J.V./V: 1:30-3:30 JV/V Passing League VS. Oceanside 3:30	22 Summer Weights J.V./V: 9 - 11 FROSH: 12-1:30	23 Summer Weights FROSH: 12-1:30 J.V./V: 1:30-3:30	24	25 MISSION HILLS PASSING TOURNAMENT TBA (will be all day)
26	27 Summer Weights J.V./V: 9 - 11 FROSH: 12-1:30	28 Summer Weights FROSH: 12-1:30 J.V./V: 1:30-3:30	29 Summer Weights J.V./V: 9 - 11 FROSH: 12-1:30	30 Summer Weights FROSH: 12-1:30 J.V./V: 1:30-3:30		



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F...	S...	A...	August				I...	H...	P...
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
	1 NO CONTACT PERIOD	2 NO CONTACT PERIOD	3 NO CONTACT PERIOD	4 NO CONTACT PERIOD	5 NO CONTACT PERIOD	6 NO CONTACT PERIOD			
7 NO CONTACT PERIOD	8 VARSITY & JV ONLY LIFTING 8-10	9 VARSITY & JV ONLY LIFTING 8-10	10 1st Day of Practice SEE BELOW FOR DETAIL	11 V/JV: 8-11 & 3-6 F: 8:30-11:30 & 2:30-5:30	12 V/JV: 8-11 & 3-6 F: 8:30-11:30 & 2:30-5:30	13 V/JV: 8-11 & 3-6 F: 8:30-11:30 & 2:30-5:30			
14	15 V/JV: 8-11 & 3-6 F: 8:30-11:30 & 2:30-5:30	16 V: lift at 1:00 J.V. lift at 1:45 V/JV 3-6 F:TBA	17 V/JV: 8-11 & 3-6 F: 8:30-11:30 & 2:30-5:30	18 V: lift at 1:00 J.V. lift at 1:45 V/JV 3-6 F:TBA	19 V/JV: 8-11 & 3-6 F: 8:30-11:30 & 2:30-5:30	20 Intrasquad Scrimmage TBA			
21	22 V/JV: 8-11 & 3-6 F: 8:30-11:30 & 2:30-5:30	23 TBA	24 TBA	25 TBA	26 All Levels Scrimmage vs. Oceanside TBA	27			
28	29 Labor Day	30 1st day of School	31	FIRST DAY OF PRACTICE All levels 8-11 Meeting and Paperwork Run test Varsity/JV gear check out Frosh: Helmet and gear checkout <i>(Frosh will be getting helmet and gear at 11:00 and are done for the day at that point)</i> V/JV: Practice 3-6					



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