



GET IT DONE PHILOSOPHY: FAMILY...STEP UP



May 2010

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 SPRING FOOTBALL 3-6	25 SPRING FOOTBALL 3-6	26 SPRING FOOTBALL 3-6	27 SPRING FOOTBALL 3-6	28 SPRING FOOTBALL 3-6	29
30	31 MEMORIAL DAY					



GET IT DONE PHILOSOPHY: Attitude...Integrity



June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 SPRING FOOTBALL 3-6	2 SPRING FOOTBALL 3-6	3 SPRING FOOTBALL 3-6	4 SPRING FOOTBALL 3-6	5
6	7 SPRING FOOTBALL 3-6	8 SPRING FOOTBALL 3-6	9 SPRING FOOTBALL 3-6	10 SPRING GAME JV: 4:00 BARBECUE: 5:00 VARSITY: 6:00	11	12
13	14 PASSING	15 <i>Single Periods</i>	16 <i>Finals: 1 & 5</i>	17 <i>Finals: 3 & 4</i> PASSING LEAGUE 1:00 VS ESCONDIDO	18 <i>Finals: 2 & 6</i> SAN DIEGO STATE PASSING TOURNAMENT TBA	19 SAN DIEGO STATE PASSING TOURNAMENT TBA
20	21 Summer Weights FROSH: 12-1:30 J.V./V: 1:30-3:30	22 Summer Weights FROSH: 12-1:30 J.V./V: 1:30-3:30 Self Passing	23 Summer Weights FROSH: 12-1:30 J.V./V: 1:30-3:30	24 Summer Weights FROSH: 12-1:30 J.V./V: 1:30-3:30 PL vs SFC @ 3:00	25	26 MISSION HILLS PASSING TOURNAMENT TBA (will be all day)
27	28 Summer Weights FROSH: 12-1:30 J.V./V: 1:30-3:30	29 Summer Weights FROSH: 12-1:30 J.V./V: 1:30-3:30 Self Passing	30 Summer Weights FROSH: 12-1:30 J.V./V: 1:30-3:30	<ul style="list-style-type: none"> All Passing League is for Varsity (PL) JV Passing League is noted separately All tournaments are for Varsity only 		



GET IT DONE PHILOSOPHY: Hard Work...Positive Impact



July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Summer Weights FROSH: 12-1:30 J.V./V: 1:30-3:30	2	3
4	5 Summer Weights FROSH: 12-1:30 J.V./V: 1:30-3:30	6 Summer Weights FROSH: 12-1:30 J.V./V: 1:30-3:30 Self Passing	7 Summer Weights FROSH: 12-1:30 J.V.: 1:30-3:30 Varsity leave for Visalia	8 Summer Weights FROSH: 12-1:30 J.V./V: 1:30-3:30 Varsity @ Visalia	9 Varsity @ Visalia	10 Varsity @ Visalia
11 Varsity returns from Visalia	12 Summer Weights FROSH: 12-1:30 J.V./V: 1:30-3:30	13 Summer Weights FROSH: 12-1:30 J.V./V: 1:30-3:30 Self Passing	14 Summer Weights FROSH: 12-1:30 J.V./V: 1:30-3:30	15 Summer Weights FROSH: 12-1:30 J.V./V: 1:30-3:30 P.L. @ Oceanside 4pm JVPL @ Oceanside 4pm	16	17
18	19 Summer Weights FROSH: 12-1:30 J.V./V: 1:30-3:30	20 Summer Weights FROSH: 12-1:30 J.V./V: 1:30-3:30 Self Passing	21 Summer Weights FROSH: 12-1:30 J.V./V: 1:30-3:30	22 Summer Weights FROSH: 12-1:30 J.V./V: 1:30-3:30 PL vs Vista 4pm	23	24
25 Start of CIF mandated NO CONTACT PERIOD	26 NO CONTACT PERIOD	27 NO CONTACT PERIOD	28 NO CONTACT PERIOD	29 NO CONTACT PERIOD	30 NO CONTACT PERIOD	31 NO CONTACT PERIOD



GET IT DONE PHILOSOPHY: *F...S...A...I...H...P*



August 2010

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 NO CONTACT PERIOD	9 VARSITY & JV <u>ONLY</u> LIFTING 8-10	10 VARSITY & JV <u>ONLY</u> LIFTING 8-10	11 1 st Day of Practice SEE BELOW FOR DETAIL	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 V/JV: 8-11 & 3-6 F: 8:30-11:30 & 2:30-5:30
15	16 V/JV: 8-11 & 3-6 F: 8:30-11:30 & 2:30-5:30	17 V: lift at 1:00 J.V. lift at 1:45 V/JV 3-6	18 V/JV: 8-11 & 3-6 F: 8:30-11:30 & 2:30-5:30	19 V: lift at 1:00 J.V. lift at 1:45 V/JV 3-6	20 V/JV: 8-11 & 3-6 F: 8:30-11:30 & 2:30-5:30	21 Intrasquad Scrimmage
22	23 V/JV: 8-11 & 3-6 F: 8:30-11:30 & 2:30-5:30	24 TBA	25 TBA	26 TBA	27 All Levels Scrimmage vs. Oceanside at TP	28
29	30	31 1 st Day of School	<ul style="list-style-type: none"> • All levels 8-11 (Frosh will be getting helmets at 11:00 and are done for the day at that point) Meeting Run test Varsity/JV gear check out Frosh: Helmet checkout • V/JV: Practice 3-6. 			