



# GET IT DONE PHILOSOPHY: FAMILY...STEP UP



## May 2011

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				



# GET IT DONE PHILOSOPHY: ATTITUDE...INTEGRITY



## June 2011

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 SPRING 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 &amp; 5</i>	16 <i>Finals: 3 &amp; 4</i>	17 <i>Finals: 2 &amp; 6</i> SAN DIEGO STATE PASSING TOURNAMENT TBA	18 SAN DIEGO STATE PASSING TOURNAMENT TBA
19	20 <b>Summer Weights</b>  FROSH: 12-1:30 J.V./V: 1:30-3:30	21 <b>Summer Weights</b> FROSH: 12-1:30 J.V./V: 1:30-3:30  JV/V Passing League VS. Oceanside 3:30	22 <b>Summer Weights</b>  FROSH: 12-1:30 J.V./V: 1:30-3:30	23 <b>Summer Weights</b>  FROSH: 12-1:30 J.V./V: 1:30-3:30	24	25 MISSION HILLS PASSING TOURNAMENT TBA (will be all day)
26	27 <b>Summer Weights</b>  FROSH: 12-1:30 J.V./V: 1:30-3:30	28 <b>Summer Weights</b>  FROSH: 12-1:30 J.V./V: 1:30-3:30	29 <b>Summer Weights</b>  FROSH: 12-1:30 J.V./V: 1:30-3:30	30 <b>Summer Weights</b>  FROSH: 12-1:30 J.V./V: 1:30-3:30		



# GET IT DONE PHILOSOPHY: HARD WORK...POSITIVE IMPACT



## July 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	<b>5 Summer Weights</b> FROSH: 12-1:30 J.V./V: 1:30-3:30	<b>6 Summer Weights</b> FROSH: 12-1:30 J.V./V: 1:30-3:30 <i>Varsity leave for Visalia</i>	<b>7 Summer Weights</b> FROSH: 12-1:30 J.V./V: 1:30-3:30 <i>Varsity @ Visalia</i>	8  <i>Varsity @ Visalia</i>	9  <i>Varsity @ Visalia And return home.</i>
10	<b>11 Summer Weights</b> FROSH: 12-1:30 J.V./V: 1:30-3:30	<b>12 Summer Weights</b> FROSH: 12-1:30 J.V./V: 1:30-3:30	<b>13 Summer Weights</b> FROSH: 12-1:30 J.V./V: 1:30-3:30	<b>14 Summer Weights</b> FROSH: 12-1:30 J.V./V: 1:30-3:30  JV/V Passing League @ Mission Hills 5pm	15	16
17	<b>18 Summer Weights</b> FROSH: 12-1:30 J.V./V: 1:30-3:30	<b>19 Summer Weights</b> FROSH: 12-1:30 J.V./V: 1:30-3:30  JV/V Passing League @ Oceanside 3:30	<b>20 Summer Weights</b> FROSH: 12-1:30 J.V./V: 1:30-3:30	<b>21 Summer Weights</b> FROSH: 12-1:30 J.V./V: 1:30-3:30	22	23
24 Start of CIF mandated  <b>NO CONTACT PERIOD</b>	25  <b>NO CONTACT PERIOD</b>	26  <b>NO CONTACT PERIOD</b>	27  <b>NO CONTACT PERIOD</b>	28  <b>NO CONTACT PERIOD</b>	29  <b>NO CONTACT PERIOD</b>	30  <b>NO CONTACT PERIOD</b>
31 <b>NO CONTACT PERIOD</b>						



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



## August 2011

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 <b><u>ONLY</u></b> LIFTING 8-10	9 VARSITY & JV <b><u>ONLY</u></b> LIFTING 8-10	10 1 <sup>st</sup> 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 27 All Levels Scrimmage vs. Oceanside TBA	27
28	29	30 1 <sup>st</sup> day of School	31	<ul style="list-style-type: none"> <li>• <b>All levels 8-11</b></li> <li style="padding-left: 20px;">Meeting and Paperwork</li> <li style="padding-left: 20px;">Run test</li> <li style="padding-left: 20px;">Varsity/JV gear check out      Frosh: Helmet and gear checkout</li> <li style="padding-left: 20px;"><i>(Frosh will be getting helmet and gear at 11:00 and are done for the day at that point)</i></li> <li style="text-align: center; padding-left: 40px;"><b>V/JV: Practice 3-6</b></li> </ul>		