

JULY 2019

JV/VARSITY SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
	01 NO WEIGHT ROOM	02 NO WEIGHT ROOM	03 NO WEIGHT ROOM	04 NO WEIGHT ROOM	05 NO WEIGHT ROOM	06 LAST DAY OF DEAD PERIOD
07 WEIGHTROOM 1:30PM – 2:45PM TEAM MEETING 3PM PRACTICE 3:30PM – 5:30PM	08 WEIGHTROOM 1:30PM – 2:45PM MEETINGS 2:50PM Freshman Practice 3:30-5:30pm VS ST ANTHONYS INGLEWOOD & GAHR (@ Millikan) 4PM START TIME	09 WEIGHTROOM 1:30PM – 2:45PM MEETINGS 2:50PM PRACTICE 3:30PM – 5:30PM PRACTICE 3:30PM – 5:30PM	10 WEIGHTROOM 1:30PM – 2:45PM MEETINGS 2:50PM PRACTICE 3:30PM – 5:30PM SKILLS @ DOMINGUEZ HS DEPART 3:30PM START 4:30PM	11 WEIGHTROOM 1:30PM – 2:45PM MEETINGS 2:50PM PRACTICE 3:30PM – 5:30PM 12PM ARRIVAL	12 SURF CITY CHALLENGE JV 7 ON 7 MARINA HS 7AM ARRIVAL	13 SURF CITY CHALLENGE VARSITY 7 ON 7 LINEMAN CHALLENGE MARINA HS
14 WEIGHTROOM 1:15PM – 2:45PM MEETINGS 2:50PM PRACTICE 3:30PM – 5:30PM	15 WEIGHTROOM 1:15PM – 2:45PM MEETINGS 2:50PM VS LAWNSDALE (@ Millikan) 5PM START TIME	16 WEIGHTROOM 1:15PM – 2:45PM MEETINGS 2:50PM PRACTICE 3:30PM – 5:30PM	17 WEIGHTROOM 1:15PM – 2:45PM MEETINGS 2:50PM PRACTICE 3:30PM – 5:30PM	18 WEIGHTROOM 1:00PM – 2:15PM TEAM BOWLING DEPART 2:30PM START 3:00 PM RETURN 4:30 PM	19 OFF	20 OFF

SUN	MON	TUE	WED	THU	FRI	SAT
21	22	23	24	25	26	27
	WEIGHTROOM 1:15PM – 2:45PM	WEIGHTROOM 1:15PM – 2:45PM	JV/VARSITY EQUIPMENT HAND OUT – 10AM	WEIGHTROOM 1:30PM – 2:45PM	OFF	OFF
	MEETINGS 2:50PM	MEETINGS 2:50PM	WEIGHTROOM 1:30PM – 2:45PM	MEETINGS 2:50PM		
	PRACTICE 3:30PM – 5:30PM	PRACTICE 3:30PM – 5:30PM	MEETINGS 2:50PM	PRACTICE 3:30PM – 5:30PM		
			PRACTICE 3:30PM – 5:30PM			
28	29	30	31			
	WEIGHTROOM 1:15PM – 2:45PM	WEIGHTROOM 1:15PM – 2:45PM	WEIGHTROOM 1:15PM – 2:45PM			
	MEETINGS 2:50PM	MEETINGS 2:50PM	MEETINGS 2:50PM			
	PRACTICE 3:30PM – 5:30PM	PRACTICE 3:30PM – 5:30PM (HELMETS)	PRACTICE 3:30PM – 5:30PM (HELMETS)			