

AUGUST 2019

SUN	MON	TUE	WED	THU	FRI	SAT
				01	02	03
				WEIGHTROOM 1:30PM – 2:45PM MEETINGS 2:50PM PRACTICE 3:30PM – 5:30PM (HELMETS)	OFF	TEAM BEACH DAY BOLSA CHICA STATE BEACH 12PM – 10PM
04	05	06	07	08	09	10
PRACTICE 1 - 6AM– 8AM (FULL PADS) MEETINGS 2:00PM PRACTICE 2 – 3:30PM – 5:30PM (FULL PADS)	WEIGHTROOM 1:10PM – 2:45PM MEETINGS 2:50PM PRACTICE 3 –3:30PM – 5:30PM (FULL PADS)	PRACTICE 4 - 6AM– 8AM (SHELLS) MEETINGS 2:00PM PRACTICE 5 –3:30PM – 5:30PM (FULL PADS)	WEIGHTROOM 1:10PM – 2:45PM MEETINGS 2:50PM PRACTICE 6 – 3:30PM – 5:30PM (FULL PADS)	PRACTICE 7 - 6AM– 8AM (HELMETS) MEETING 2:00PM PRACTICE 8 –3:30PM – 5:30PM (FULL PADS)	PRACTICE 9 – MEETINGS 9AM SCRIMMAGE 10AM FULL PADS ALL 3 LEVELS TEAM BBQ	
11	12	13	14	15	16	17
PRACTICE 10 - 6AM– 8AM (HELMETS) MEETINGS 2:00PM PRACTICE 11 – 3:30PM – 5:30PM (FULL PADS)	WEIGHTROOM 1:30PM – 2:45PM MEETINGS 2:50PM PRACTICE 12 – 3:30PM – 5:30PM (FULL PADS)	PRACTICE 13 - 6AM– 8AM (HELMETS) MEETINGS 2:00PM PRACTICE 14 – 3:30PM – 5:30PM (SHELLS)	PICTURES 1:00PM MEETINGS 2:30PM PRACTICE 15 – 3:30PM – 5:30PM (HELMETS)	SCRIMMAGE @ SANTA MARGARITA FRESHMAN – 4PM JV / VARSITY – 7PM	ALL LEVELS WEIGHTS / WALK- THRU/ FILM 8AM – 10AM SPIRIT PACK	

SUN	MON	TUE	WED	THU	FRI	SAT
18	19	20	21	22	23	24
WEIGHTROOM 1:30PM – 2:45PM	MEETING 2PM	WEIGHTROOM 1:30PM – 2:45PM	JV @ CARSON 3PM	GAME 1 VS CARSON	WEIGHTS / WALK- THRU/ FILM	
MEETINGS 2:50PM	PRACTICE – 3:30PM – 5:30PM	MEETINGS 2:50PM	VARSITY WALK THROUGH 12PM		8AM – 10AM	
PRACTICE – 3:30PM – 5:30PM		PRACTICE – 3:30PM – 5:30PM			SPIRIT PACK	
25	26	27	28	29	30	31
WEIGHTROOM 1:30PM – 2:45PM	MEETINGS 2:30PM	FIRST DAY OF SCHOOL	FRESHMAN VS CARLSBAD	GAME 2 VS CARLSBAD	WEIGHTS / WALK- THRU/ FILM	
MEETINGS 2:50PM	PRACTICE – 3:30PM – 5:30PM	PRACTICE – 3:30PM – 5:30PM	JV @ CARLSBAD		8AM – 10AM	
PRACTICE – 3:30PM – 5:30PM			VARSITY PRACTICE		SPIRIT PACK	