

AUGUST 2019

FRESHMAN SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
				01 WEIGHTROOM 2PM – 315PM PRACTICE 3:30PM – 5:30PM (HELMETS)	02 OFF TEAM BEACH DAY BOLSA CHICA STATE BEACH 8AM – 1PM	03
04 PRACTICE 1 - 6AM–8AM (FULL PADS) MEETINGS 2PM PRACTICE 2 – 3:30PM – 5:30PM (FULL PADS)	05 WEIGHTROOM 2PM – 3PM PRACTICE 3 –3:30PM – 5:30PM (FULL PADS)	06 PRACTICE 4 - 6AM–8AM (FULL PADS) MEETINGS 2PM PRACTICE 5 –3:30PM – 5:30PM (FULL PADS)	07 WEIGHTROOM 2PM – 3PM PRACTICE 6 – 3:30PM – 5:30PM (FULL PADS)	08 PRACTICE 7 - 6AM–8AM (FULL PADS) MEETINGS 2PM PRACTICE 8 –3:30PM – 5:30PM (FULL PADS)	09 PRACTICE 9 – MEETINGS 9AM SCRIMMAGE 10AM FULL PADS ALL 3 LEVELS TEAM BBQ	10
11 PRACTICE 10 - 6AM–8AM (HELMETS) MEETINGS 2PM PRACTICE 11 – 3:30PM – 5:30PM (FULL PADS)	12 WEIGHTROOM 2PM – 3PM PRACTICE 12 – 3:30PM – 5:30PM (FULL PADS)	13 PRACTICE 13 - 6AM–8AM (FULL PADS) MEETINGS 2PM PRACTICE 14 – 3:30PM – 5:30PM (FULL PADS)	14 PICTURE DAY 1PM WEIGHTROOM 2PM – 3PM PRACTICE 15 – 3:30PM – 5:30PM (HELMETS)	15 SCRIMMAGE @ SANTA MARGARITA FRESHMAN – 4PM	16 ALL LEVELS WEIGHTS / WALK-THRU/ FILM 8AM – 10AM SPIRIT PACK	17

SUNMONTUEWEDTHUFRI SAT

18

WEIGHTROOM 1PM
– 2PM

MEETINGS 2PM

PRACTICE – 3:30PM
– 5:30PM

19

PRACTICE – 3:30PM –
5:30PM

20

MEETINGS 2PM

PRACTICE – 3:30PM
– 5:30PM

21

FRESHMAN VS
CARSON 3PM

22

WEIGHTS 1:15PM –
2:40PM

23

WEIGHTS – 8AM

24

25

WEIGHTROOM 2PM
– 3PM

PRACTICE – 3:30PM
– 5:30PM

26

PRACTICE – 3:30PM –
5:30PM

27

FIRST DAY OF
SCHOOL

PRACTICE – 3:30PM
– 5:30PM

28

FRESHMAN VS
CARLSBAD

29

WEIGHTS 1:15PM –
2:40PM

30

WEIGHTS – 8AM

31