



(Varsity Football)

July 30 & 31 - August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	July 30 7:00-7:45 BREAKFAST 8:00 TEAM MEETING 9-11:15 PRACTICE 12-2PM EQUIPMENT	July 31 7:00-7:45 BREAKFAST 8:00 OFF. MEETING 8:45-11:15 PRACTICE 2:30 DEF. MEETING 3:15-5:30 PRACTICE	1 7:00-7:45 BREAKFAST 8:00 OFF. MEETING 8:45-11:15 PRACTICE 12-2PM EQUIPMENT	2 7:00-7:45 BREAKFAST 8AM DEF. MEETING 8:45-11:15 PRACTICE 2:30 DEF. MEETING 3:15-5:30 PRACTICE	3 2:00 MEETING 2:30 MEETING 3:15-5:30 PRACTICE	4 7:30-8:15 BREAKFAST 8:45-11:00 PRACTICE
5	6 2:00 DEF. MEETING 3:00-5:15 PRACTICE	7 2:00 OFF. MEETING 3:00-5:15 PRACTICE <u>LIFT</u>	8 4:30pm DEF. MEETING 5:00pm OFF. MEETING 6:00pm-8:15pm PRACTICE	9 2:00 OFF. MEETING 3:00-5:15 PRACTICE <u>LIFT</u>	10 5:00 TEAM MEETING 6:00-8:30pm Scrimmage (Home) vs Rancho Alamitos	11 8:00-10:15 PRACTICE **Pictures**
12	13 1:50 <u>LIFT</u> 2:40 MEETING 3:15-5:30 PRACTICE	14 1:50 <u>LIFT</u> 2:40 MEETING 3:15-5:30 PRACTICE	15 4:15pm MEETING 5:00pm-7:15pm PRACTICE	16 2:00 MEETING 3:00-4:00 PRACTICE	17 YUCCA VALLEY @ WESTMINSTER	18 8AM COACHES PLAYERS?
19	20	21	22 4:15pm MEETING 5:00pm-7:15pm PRACTICE	23	24	25
26	27	28	29 4:15pm MEETING 5:00pm-7:15pm PRACTICE	30	31	