

# JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>30</b> OFF	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b> OFF	<b>5</b> OFF
WEEK 6 WORKOUT	NO LIFT or PRACTICE	Lifting Time: 1:30-3:00 pm	Lifting Time: 1:30-3:00 pm	Lifting Time: 1:30-3:00 pm	NO LIFT or PRACTICE	NO LIFT or PRACTICE
<b>6</b> OFF	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b> OFF	<b>12</b> OFF
DEAD WEEK	Optional Lifting TIME: 2:00-4:00pm	Optional Lifting TIME: 2:00-4:00pm	Optional Lifting TIME: 2:00-4:00pm	Optional Lifting TIME: 2:00-4:00pm	NO LIFT or PRACTICE	NO LIFT or PRACTICE
<b>13</b> OFF	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b> OFF	<b>19</b> OFF
DEAD WEEK	Optional Lifting TIME: 2:00-4:00pm	Optional Lifting TIME: 2:00-4:00pm	Optional Lifting TIME: 2:00-4:00pm	Optional Lifting TIME: 2:00-4:00pm	NO LIFT or PRACTICE	NO LIFT or PRACTICE
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
SUMMER WEEK 1	Group A Lift: 2-3pm Group B Lift: 3-4pm	Round Robin @ Agoura HS (V & JV) Agoura/ Oak Park/ Simi Valley	Group A Lift: 2-3pm Group B Lift: 3-4pm	Round Robin @ Buena H.S. (V & JV) Buena/Channel Islands/Pacifica	Group A Lift: 2-3pm Group B Lift: 3-4pm Centurion Games 4:15-5:30	Charter Oak H.S. Tournament Passing Competition
	Practice Time: 4:15-6:15pm	Lineman/Group Lift: 3-4pm Frosh Lift: 4:30-5:30pm	Practice Time: 4:15-6:15pm	Frosh Lift: 4:30-5:30pm	Practice Time: 5:30-6:15pm	
<b>27</b> OFF	<b>28</b>	<b>29</b>	<b>30</b>	<b>July 1</b>	<b>July 2</b> OFF	<b>Jul 3</b> OFF
SUMMER WEEK 2	Group B Lift: 2-3pm Group A Lift: 3-4pm	Round Robin @ Ventura HS Ventura/ Newbury Park/?	Group B Lift: 2-3pm Group A Lift: 3-4pm	11 v . 11: Notre Dame HS @ Saugus HS	NO LIFT or PRACTICE	NO LIFT or PRACTICE
	Practice Time: 4:15-6:15pm	Lineman/Group Lift: 3-4pm Frosh Lift: 4:30-5:30pm	Practice Time: 4:15-6:15pm	Frosh Lift: 4:30-5:30pm		
<b>Daily Schedule</b>			<b>Book Study:</b>			
2:00 pm Group A/B Lifts & Group A/B Book Study			12 Grade: Power of Positive Leadership	Bornn	Russell	
2:50 pm Transition/Switch			11 Grade: You Win in the Locker Room	Maxwell	Stiman	
3:00 pm Group A/B Lifts & Group A/B Book Study			10 Grade: Training Camp	Ivie	Hamilton	
3:50 pm Clean Up Weight Room/Transition to Field						
4:00 pm Set Field Up/Equipment Out						
4:15 pm Start Practice						

# JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>27</b> OFF	<b>28</b>	<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b> OFF	<b>3</b> OFF
SUMMER WEEK 2	Group B Lift: 2-3pm Group A Lift: 3-4pm	Round Robin @ Ventura HS Ventura/ Newbury Park/?  Lineman/Group Lift: 3-4pm Frosh Lift: 4:30-5:30pm	Group B Lift: 2-3pm Group A Lift: 3-4pm  Practice Time: 4:15-6:15pm	11 v . 11: Notre Dame HS @ Saugus HS  Frosh Lift: 4:30-5:30pm	NO LIFT or PRACTICE July 4th Holiday Weekend	NO LIFT or PRACTICE July 4th Holiday Weekend
<b>4</b> OFF	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
SUMMER WEEK 3	Group A Lift: 2-3pm Group B Lift: 3-4pm  Practice Time: 4:15-6:15pm	Round Robin @ La Canada HS La Canada/Arleta/?  Lineman/Group Lift: 3-4pm Frosh Lift: 4:30-5:30pm	Group A Lift: 2-3pm Group B Lift: 3-4pm  Practice Time: 4:15-6:15pm	11 v . 11: Harvard-Westlake HS @ Saugus HS  Frosh Lift: 4:30-5:30pm	Group A Lift: 2-3pm Group B Lift: 3-4pm Centurion Games 4:15-5:30  Practice Time: 5:30-6:15pm	JV Simi Valley Passing Tournament
<b>11</b> OFF	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
SUMMER WEEK 4	Group B Lift: 2-3pm Group A Lift: 3-4pm  Practice Time: 4:15-6:15pm	Round Robin @ Ventura HS Ventura/Bishop Diego/?  Lineman/Group Lift: 3-4pm Frosh Lift: 4:30-5:30pm	Group B Lift: 2-3pm Group A Lift: 3-4pm  Practice Time: 4:15-6:15pm	11 v . 11: Sierra Canyon HS @ Saugus HS  Frosh Lift: 4:30-5:30pm	Group B Lift: 2-3pm Group A Lift: 3-4pm Centurion Games 4:15-5:30  Practice Time: 5:30-6:15pm	Varsity Rio Mesa H.S. Tournament Passing and Lineman Competition Frosh Simi Valley Passing Tournament
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
SUMMER WEEK 5	Group A Lift: 2-3pm Group B Lift: 3-4pm  Practice Time: 4:15-6:15pm	11 v . 11: Palmdale HS @ Saugus HS  Frosh Lift: 4:30-5:30pm	Group A Lift: 2-3pm Group B Lift: 3-4pm  Practice Time: 4:15-6:15pm	11 v . 11: Burbank H.S. @ Saugus HS  Frosh Lift: 4:30-5:30pm	Group A Lift: 2-3pm Group B Lift: 3-4pm Centurion Games 4:15-5:30  Practice Time: 5:30-6:15pm	Varsity Huntington Beach H.S. Tournament Passing and Lineman Competition
<b>25</b> OFF	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> Day 1	<b>30</b> Day 2	<b>31</b> Day 3
SUMMER WEEK 6	OFF	OFF	OFF	Lifting Time: TBA Practice Time: TBA  HELMET CONDITIONING	Lifting Time: TBA Practice Time: TBA  HELMET CONDITIONING	Practice Time: TBA  HELMET CONDITIONING

## Daily Schedule

2:00 pm Group A/B Lifts & Group A/B Book Study  
 2:50 pm Transition/Switch  
 3:00 pm Group A/B Lifts & Group A/B Book Study  
 3:50 pm Clean Up Weight Room/Transition to Field  
 4:00 pm Set Field Up/Equipment Out  
 4:15 pm Start Practice

# AUGUST

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