

JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 OFF WEEK 6 WORKOUT	31 NO LIFT or PRACTICE	1 Lifting Time: 1:30-3:00 pm	2 Lifting Time: 1:30-3:00 pm	3 Lifting Time: 1:30-3:00 pm	4 OFF NO LIFT or PRACTICE	5 OFF NO LIFT or PRACTICE
6 OFF DEAD WEEK	7 Optional Lifting TIME: 2:00-4:00pm	8 Optional Lifting TIME: 2:00-4:00pm	9 Optional Lifting TIME: 2:00-4:00pm	10 Optional Lifting TIME: 2:00-4:00pm	11 OFF NO LIFT or PRACTICE	12 OFF NO LIFT or PRACTICE
13 OFF DEAD WEEK	14 Optional Lifting TIME: 2:00-4:00pm	15 Optional Lifting TIME: 2:00-4:00pm	16 Optional Lifting TIME: 2:00-4:00pm	17 Optional Lifting TIME: 2:00-4:00pm	18 OFF NO LIFT or PRACTICE	19 OFF NO LIFT or PRACTICE
20 SUMMER WEEK 1	21 Group A Lift: 2-3pm Group B Lift: 3-4pm Practice Time: 4:15-6:15pm	22 Round Robin @ Agoura HS (V & JV) Agoura/ Oak Park/ Simi Valley Lineman/Group Lift: 3-4pm Frosh Lift: 4:30-5:30pm	23 Group A Lift: 2-3pm Group B Lift: 3-4pm Practice Time: 4:15-6:15pm	24 Round Robin @ Buena H.S. (V & JV) Buena/Channel Islands/Pacifica Frosh Lift: 4:30-5:30pm	25 Group A Lift: 2-3pm Group B Lift: 3-4pm Centurion Games 4:15-5:30 Practice Time: 5:30-6:15pm	26 Charter Oak H.S. Tournament Passing Competition
27 OFF SUMMER WEEK 2	28 Group B Lift: 2-3pm Group A Lift: 3-4pm Practice Time: 4:15-6:15pm	29 Round Robin @ Ventura HS Ventura/ Newbury Park/? Lineman/Group Lift: 3-4pm Frosh Lift: 4:30-5:30pm	30 Group B Lift: 2-3pm Group A Lift: 3-4pm Practice Time: 4:15-6:15pm	July 1 11 v . 11: Notre Dame HS @ Saugus HS Frosh Lift: 4:30-5:30pm	July 2 OFF NO LIFT or PRACTICE	Jul 3 OFF NO LIFT or PRACTICE

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

Book Study:

12 Grade: Power of Positive Leadership
 11 Grade: You Win in the Locker Room
 10 Grade: Training Camp

Born
Maxwell
Ivie

Russell
Stiman
Hamilton

JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 OFF	28	29	30	1	2 OFF	3 OFF
SUMMER WEEK 2	Group B Lift: 2-3pm Group A Lift: 3-4pm Practice Time: 4:15-6:15pm	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
4 OFF	5	6	7	8	9	10
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
11 OFF	12	13	14	15	16	17
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
18	19	20	21	22	23	24
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
25 OFF	26	27	28	29 Day 1	30 Day 2	31 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 OFF	2 Day 4	3 Day 5	4 Day 6	5 Day 7	6 Day 8	7 Day 9
FALL CAMP WEEK 1	Lifting Time: TBA Practice Time: TBA					
8 OFF	9 Day 10	10 Day 11	11 Day 12	12 Day 13	13 Day 14	14
FALL CAMP WEEK 2	Lifting Time: TBA Practice Time: TBA	Lifting Time: TBA Practice Time: TBA	Lifting Time: TBA Practice Time: TBA	Lifting Time: TBA Practice Time: TBA	SCRIMMAGE: TBA	Team Pictue Day
15 OFF	16	17	18	19	20	21
WEEK 1 Practice	Lifting Time: TBA Practice Time: TBA	Lifting Time: TBA Practice Time: TBA	Lifting Time: TBA Practice Time: TBA	Lifting Time: TBA Practice Time: TBA	Game 1 @ Santa Barbara	
22	23	24	25	26	27	28
WEEK 2 Practice	Lifting Time: TBA Practice Time: TBA	Lifting Time: TBA Practice Time: TBA	Lifting Time: TBA Practice Time: TBA	Lifting Time: TBA Practice Time: TBA	Game 2 @ Moorpark	
29 OFF	30	31	Sept 1	Sept 2	Sept 3	Sept 4
WEEK 3 Practice	Lifting Time: TBA Practice Time: TBA	Lifting Time: TBA Practice Time: TBA	Lifting Time: TBA Practice Time: TBA	Lifting Time: TBA Practice Time: TBA	Game 3 v. Camarillo (COC)	