

# 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/?	Group B Lift: 2-3pm Group A Lift: 3-4pm	Group B Lift: 2-3pm Group A Lift: 3-4pm Centurion Games 4:15-5:30	NO LIFT or PRACTICE July 4th Holiday Weekend	NO LIFT or PRACTICE July 4th Holiday Weekend
	Practice Time: 4:15-6:15pm	Lineman/Group Lift: 3-4pm Frosh Lift: 4:30-5:30pm	Practice Time: 4:15-6:15pm			
<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	NO LIFT or PRACTICE July 4th Holiday Weekend	Group A Lift: 2-3pm Group B Lift: 3-4pm	Round Robin @ St. Francis HS 1. St. Francis 2. Notre Dame 3. St. Genievieve Lineman/Group Lift: 3-4pm Frosh Lift: 4:30-5:30pm	Group A Lift: 2-3pm Group B Lift: 3-4pm	Group A Lift: 2-3pm Group B Lift: 3-4pm Centurion Games 4:15-5:30	JV Simi Valley Passing Tournament First game @ 8:30am
		Practice Time: 4:15-6:15pm	Practice Time: 4:15-6:15pm	Practice Time: 4:15-6:15pm		
<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	Round Robin @ Ventura HS Ventura/Bishop Diego/?	Group B Lift: 2-3pm Group A Lift: 3-4pm	11 v . 11: Sierra Canyon HS @ Saugus HS	Group B Lift: 2-3pm Group A Lift: 3-4pm Centurion Games 4:15-5:30	Varsity Rio Mesa H.S. Tournament Passing and Lineman 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		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	11 v . 11: Palmdale HS @ Saugus HS	Group A Lift: 2-3pm Group B Lift: 3-4pm	11 v . 11: Burbank H.S. @ Saugus HS	Group A Lift: 2-3pm Group B Lift: 3-4pm Centurion Games 4:15-5:30	Varsity Huntington Beach H.S. Tournament Passing and Lineman Competition
	Practice Time: 4:15-6:15pm	Frosh Lift: 4:30-5:30pm	Practice Time: 4:15-6:15pm	Frosh Lift: 4:30-5:30pm		
<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	Lifting Time: TBA Practice Time: TBA	Practice Time: TBA
				HELMET CONDITIONING	HELMET CONDITIONING	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 FALL CAMP WEEK 1	2 Day 4 Lifting Time: TBA Practice Time: TBA	3 Day 5 Lifting Time: TBA Practice Time: TBA	4 Day 6 Lifting Time: TBA Practice Time: TBA	5 Day 7 Lifting Time: TBA Practice Time: TBA	6 Day 8 Lifting Time: TBA Practice Time: TBA	7 Day 9 Lifting Time: TBA Practice Time: TBA
8 OFF FALL CAMP WEEK 2	9 Day 10 Lifting Time: TBA Practice Time: TBA	10 Day 11 Lifting Time: TBA Practice Time: TBA	11 Day 12 Lifting Time: TBA Practice Time: TBA	12 Day 13 Lifting Time: TBA Practice Time: TBA	13 Day 14 SCRIMMAGE: TBA	14 Team Pictue Day
15 OFF WEEK 1 Practice	16 Lifting Time: TBA Practice Time: TBA	17 Lifting Time: TBA Practice Time: TBA	18 Lifting Time: TBA Practice Time: TBA	19 Lifting Time: TBA Practice Time: TBA	20 Game 1 @ Santa Barbara	21
22 WEEK 2 Practice	23 Lifting Time: TBA Practice Time: TBA	24 Lifting Time: TBA Practice Time: TBA	25 Lifting Time: TBA Practice Time: TBA	26 Lifting Time: TBA Practice Time: TBA	27 Game 2 @ Moorpark	28
29 OFF WEEK 3 Practice	30 Lifting Time: TBA Practice Time: TBA	31 Lifting Time: TBA Practice Time: TBA	Sept 1 Lifting Time: TBA Practice Time: TBA	Sept 2 Lifting Time: TBA Practice Time: TBA	Sept 3 Game 3 v. Camarillo (COC)	Sept 4