

Hillcrest Football 2022

JUNE 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Weights/Practice 3-6:30	2 Weights 3pm 7v7/Line 5 pm @ JW North	3	4
5	6 Weights/Practice 3-6:30	7 Weights/Practice 3-6:30	8 Weights/Practice 3-6:30	9 Weights 3pm 7v7/Line 5pm @ Hillcrest vs King, Colton, North	10	11
12	13 Weights/Practice 3-6:30	14 Weights/Practice 3-6:30	15 Weights/Practice 3-6:30	16 Weights 3pm 7v7/Line 5pm @ Hillcrest Notre Dame, Corona	17	18
19	20 Weights/Practice 3-6:30	21 Weights/Practice 3-6:30	22 Weights/Practice 3-6:30	23 Weights 3pm 7v7/Line 5pm @ Norco	24	25
26	27 Weights/Practice 3-6:30	28 Weights/Practice 3-6:30	29 Weights/Practice 3-6:30	30 Weights 3pm 7v7/Line @ Citrus Hill		
		Notes:				

Hillcrest Football 2022

JULY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
Dead Period - No Practice						
10	11	12	13	14	15	16
Dead Period - No Practice						
17	18 Weights/Practice 3-6pm	19 Weights/Practice 3-6pm	20 Weights/Practice 3-6pm	21 Weights/Practice 3-6pm	22	23
24	25 Weights/Practice 3-6pm	26 Weights/Practice 3-6pm	27 Gear Distribution	28 Helmets #1 Weights/Practice 3-6pm	29 Helmets #2 Weights/Practice 3-6pm	30 Helmets #3 Practice 8am POOL DAY/POTLUCK 10:30 AM
31		Notes:				

Hillcrest Football 2022

AUGUST 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 1st Day of Pads Practice 6am-8am Weights 8am-9am	2 Practice 6am-8am Weights 8am-9am	3 Practice 6am-8am Weights 8am-9am	4 Practice 6am-8am 1st Day of School	5 Intersquad Scrimmage	6
7	8 Practice 3:30-600	9 Practice 3:30-600	10 Practice 3:30-600	11 Practice AM	12 Scrimmage @ Beaumont	13
14	15 Practice 3:30-600	16 Practice 3:30-600	17 Practice 3:30-600	18 Practice AM	19 Game 1 vs Poly (Home)	20
21	22 Practice 3:30-600	23 Practice 3:30-600	24 Practice AM	25 Game 2 @ Orange Vista (Away)	26 Practice/Film - After School	27
28	29 Practice 3:30-600	30 Practice 3:30-600	31 Practice 3:30-600			
		Notes:				

Hillcrest Football 2022

SEPTEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Practice AM	2 Game 3 @ Grand Terrace (Away)	3
4	5 Practice 8am Labor Day	6 Practice 3:30-600	7 Practice 3:30-600	8 Practice AM	9 Game 4 @ Lakeside (Away)	10
11	12 Practice 3:30-600	13 Practice 3:30-600	14 Practice AM	15 Game 5 vs Tahquitz (Home)	16 Practice/Film - After School	17
18	19	20 Practice 3:30-600 Helmets Only	21 Practice 3:30-600 Helmets Only	22 Practice 3:30-600 Helmets Only	23 Bye Week	24
25	26 Practice 3:30-600	27 Practice 3:30-600	28 Practice AM	29 Game 6 vs Ramona (Home)	30	
		Notes:				

Hillcrest Football 2022

OCTOBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Practice 3:30-600	4 Practice 3:30-600	5 Practice 3:30-600	6 Practice AM	7 Game 7 @ Patriot (Away)	8
9	10 Practice 3:30-600	11 Practice 3:30-600	12 Practice 3:30-600	13 Practice AM	14 Game 8 vs La Sierra (Home) Homecoming	15
16	17 Practice 3:30-600	18 Practice 3:30-600	19 Practice 3:30-600	20 Practice AM	21 Game 9 vs Arlington (Home) Senior Night	22
23	24 Practice 3:30-600	25 Practice 3:30-600	26 Practice 3:30-600	27 Practice AM	28 Game 10 vs Norte Vista (Away)	29
30	31	Notes:				