

May 2022						
◀ April						June ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b> CLASS 7:30 START FIELD VARSITY  DEFENSE	<b>3</b> CLASS 7:30 START SPEED	<b>4</b> CLASS 7:30 START	<b>5</b> CLASS 7:30 START SPEED	<b>6</b> CLASS 7:30 START FIELD VARSITY	<b>7</b>
<b>8</b>	<b>9</b> CLASS 7:30 START FIELD VARSITY	<b>10</b> CLASS 7:30 START SPEED	<b>11</b> CLASS 7:30 START	<b>12</b> CLASS 7:30 START SPEED	<b>13</b> CLASS 7:30 START FIELD VARSITY	<b>14</b>
<b>15</b> <u>PHYSICAL CLEAR</u> <u>OPEN</u> <u>NEEDS TO BE DONE</u> <u>BEFORE 8 PM 6/7</u>	<b>16</b> CLASS 7:30 START FIELD VARSITY <u>PHYSICAL CLEAR</u> <u>OPEN</u> <u>NEEDS TO BE DONE</u> <u>BEFORE 8 PM 6/7</u>  <u>4:30-6pm VAR SPRING</u> <u>BALL</u>	<b>17</b> CLASS 7:30 START SPEED <u>PHYSICAL CLEAR</u> <u>OPEN</u> <u>NEEDS TO BE DONE</u> <u>BEFORE 8 PM 6/7</u>	<b>18</b> CLASS 7:30 START  <u>PHYSICAL CLEAR</u> <u>OPEN</u> <u>NEEDS TO BE DONE</u> <u>BEFORE 8 PM 6/7</u>  <u>4:30-6pm SPRING</u> <u>BALL TBA</u>	<b>19</b> CLASS 7:30 START SPEED MAXING <u>PHYSICAL CLEAR</u> <u>OPEN</u> <u>NEEDS TO BE DONE</u> <u>BEFORE 8 PM 6/7</u>  <u>4:30-6pm VAR</u> <u>SPRING BALL</u>	<b>20</b> CLASS 7:30 START FIELD VARSITY <u>PHYSICAL CLEAR</u> <u>OPEN</u> <u>NEEDS TO BE DONE</u> <u>BEFORE 8 PM 6/7</u>	<b>21</b> <u>PHYSICAL CLEAR</u> <u>OPEN</u> <u>NEEDS TO BE DONE</u> <u>BEFORE 8 PM 6/7</u>
<b>22</b>  <u>PHYSICAL CLEAR</u> <u>OPEN</u> <u>NEEDS TO BE DONE</u> <u>BEFORE 8 PM 6/7</u>	<b>23</b> CLASS 7:30 START MAXING  <u>PHYSICAL CLEAR</u> <u>OPEN</u> <u>NEEDS TO BE DONE</u> <u>BEFORE 8 PM 6/7</u>  <u>4:30-6pm VAR SPRING</u> <u>BALL</u>	<b>24</b> CLASS 7:30 START MAXING  <u>PHYSICAL CLEAR</u> <u>OPEN</u> <u>NEEDS TO BE DONE</u> <u>BEFORE 8 PM 6/7</u>  <u>4:30-6pm VAR</u> <u>SPRING BALL</u>	<b>25</b> CLASS 7:30 START MAXING  2 <sup>ND</sup> PAYMENT <u>PHYSICAL CLEAR</u> <u>OPEN</u> <u>NEEDS TO BE DONE</u> <u>BEFORE 8 PM 6/7</u>  <u>VAR/JV PARENT</u> <u>MEETING</u> <u>6-730 BIG GYM/Room</u> <u>402</u>  <u>4:30-6pm VAR</u> <u>SPRING BALL</u>	<b>26</b> CLASS 7:30 START FIELD VARSITY  <u>PHYSICAL CLEAR</u> <u>OPEN</u> <u>NEEDS TO BE DONE</u> <u>BEFORE 8 PM 6/7</u>  <u>4:30-6pm VAR</u> <u>SPRING BALL</u>	<b>27</b> CLASS 7:30 START FIELD VARSITY  <u>PHYSICAL CLEAR</u> <u>OPEN</u> <u>NEEDS TO BE DONE</u> <u>BEFORE 8 PM 6/7</u>	<b>28</b>  <u>PHYSICAL CLEAR</u> <u>OPEN</u> <u>NEEDS TO BE DONE</u> <u>BEFORE 8 PM 6/7</u>
<b>29</b>  <u>PHYSICAL CLEAR</u> <u>OPEN</u> <u>NEEDS TO BE DONE</u> <u>BEFORE 8 PM 6/7</u>	<b>30</b> MEMORIAL DAY NO SCHOOL  <u>PHYSICAL CLEAR</u> <u>OPEN</u> <u>NEEDS TO BE DONE</u> <u>BEFORE 8 PM 6/7</u>	<b>31</b> CLASS 7:30 START FIELD VARSITY  <u>PHYSICAL CLEAR</u> <u>OPEN</u> <u>NEEDS TO BE DONE</u> <u>BEFORE 8 PM 6/7</u>				

June 2022						
◀ May						July ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> NO CLASS FINALS  <u>PHYSICAL CLEAR OPEN</u> <u>NEEDS TO BE DONE BEFORE 8 PM 6/7</u>	<b>2</b> FINALS 7:30 START FIELD VARSITY CLEAN LOCKER LEADERSHIP BREAK <u>PHYSICAL CLEAR OPEN</u> <u>NEEDS TO BE DONE BEFORE 8 PM 6/7</u>	<b>3</b> NO SCHOOL GRADUATION  <u>PHYSICAL CLEAR OPEN</u> <u>NEEDS TO BE DONE BEFORE 8 PM 6/7</u>	<b>4</b>   <u>PHYSICAL CLEAR OPEN</u> <u>NEEDS TO BE DONE BEFORE 8 PM 6/7</u>
<b>5</b> <u>KIDS OFF</u>  <u>PHYSICAL CLEAR OPEN</u> <u>NEEDS TO BE DONE BEFORE 8 PM 6/7</u>	<b>6</b> <u>KIDS OFF</u>  <u>PHYSICAL CLEAR OPEN</u> <u>NEEDS TO BE DONE BEFORE 8 PM 6/7</u>	<b>7</b> <u>KIDS OFF</u>  <u>PHYSICAL CLEAR OPEN</u> <u>NEEDS TO BE DONE BEFORE 8 PM 6/7</u>	<b>8</b> SUMMER PRACTICE 4:00-7:45 PM	<b>9</b> SUMMER PRACTICE 7:00-9:45 AM LEADERSHIP	<b>10</b> KIDS OFF	<b>11</b>
<b>12</b> KIDS OFF	<b>13</b> SUMMER PRACTICE 4:00-7:45PM KO/KOR  FUNDRAISER KO	<b>14</b> SUMMER PRACTICE LIFT 8-915 AM SKILL (LINE LIFT PM)  PRACTICE 4:00-7:45PM  7 ON 7 @ WHS 6-745PM SUTTER 12 BRIDGES NORTH HIGHLANDS	<b>15</b>   PRACTICE 4:00-7:45PM  7 ON 7 @ WHS 6-745PM DC RIO VISTA CENTER	<b>16</b> SUMMER PRACTICE 7:00-10:30 AM	<b>17</b> KIDS OFF	<b>18</b> KIDS OFF
<b>19</b> KIDS OFF	<b>20</b> SUMMER PRACTICE 4:00-7:45PM KO/KOR  FUNDRAISER KO	<b>21</b> SUMMER PRACTICE LIFT 8-915 AM SKILL (LINE LIFT PM)  FROSH CAMP 4-6:30 PM PRACTICE 4:00-7:45PM  7 ON 7 @ WHS 6-745PM SUTTER 12 BRIDGES NORTH HIGHLANDS	<b>22</b>   FROSH CAMP 4-6:30 PM PRACTICE 4:00-7:45PM  7 ON 7 @ WHS 6-745PM DC RIO VISTA CENTER	<b>23</b> SUMMER PRACTICE 7:00-10:30 AM  FROSH CAMP 4-6:30 PM <u>LINEMAN COMP 5-7:30 PM</u>	<b>24</b> 7 ON 7 TOURNEY 7-3PM  ALL LEVELS WORK ALL DAY	<b>25</b> KIDS OFF
<b>26</b>  <a href="#">DEPART FOR TAHOE 12:00 PM (EST)</a> <a href="#">SEE ITINERARY FOR DETAILS.</a>	<b>27</b> <a href="#">TAHOE CAMP</a>	<b>28</b> <a href="#">TAHOE CAMP</a>	<b>29</b>  <a href="#">TAHOE CAMP</a>  <a href="#">RETURN FROM TAHOE</a>	<b>30</b> KIDS OFF		

# JULY 2022

August ►

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> KIDS OFF	<b>2</b> KIDS OFF
<b>3</b> KIDS OFF	<b>4</b> INDEPENDENCE DAY KIDS OFF	<b>5</b> KIDS OFF	<b>6</b> WT ROOM/SPEED 8-10 AM	<b>7</b> WT ROOM/SPEED 8-10 AM	<b>8</b> KIDS OFF	<b>9</b> KIDS OFF
<b>10</b> KIDS OFF	<b>11</b> KIDS OFF	<b>12</b> WT ROOM/SPEED 8-10 AM	<b>13</b> WT ROOM/SPEED 8-10 AM FUNDRAISER ENDS	<b>14</b> WT ROOM/SPEED 8-10 AM	<b>15</b> KIDS OFF	<b>16</b> KIDS OFF
<b>17</b> KIDS OFF	<b>18</b> WT ROOM/SPEED 8-10 AM <u>VAR MANDATORY</u>	<b>19</b> WT ROOM/SPEED 8-10 AM <u>VAR MANDATORY</u>	<b>20</b> <u>WT ROOM/SPEED</u> <u>8-10 AM</u> <u>VAR MANDATORY</u> <u>FINAL DONATION</u> <u>GEAR</u> <u>VAR 1030-1130</u> <u>JV 1145-1245</u> <u>FROSH 1-2PM</u>	<b>21</b> KIDS OFF	<b>22</b> KIDS OFF	<b>23</b> KIDS OFF
<b>24</b> KIDS OFF	<b>25</b> FALL CAMP PRACTICE #1 430-8PM  ACCLIM WEEK  HELMETS ONLY	<b>26</b> FALL CAMP PRACTICE #2 430-8PM  ACCLIM WEEK  HELMETS ONLY	<b>27</b> FALL CAMP PRACTICE #3 430-8PM  ACCLIM WEEK  SHELLS	<b>28</b> FALL CAMP PRACTICE #4 430-7 PM  ACCLIM WEEK  SHELLS	<b>29</b> FALL CAMP PRACTICE #5 430-7 PM  ACCLIM WEEK  SHELLS	<b>30</b> FALL CAMP PRACTICE #6 8-10:30 AM  ACCLIM WEEK  FULL GEAR
<b>31</b> KIDS OFF	<b>WT ROOM OPEN FROM 8-10 SPEED WORK OPEN 8-10</b> <b><u>KIDS IN TOWN NEED TO BE THERE!</u></b> <b><u>GIVEN THE NATURE OF CALIFORNIA SUMMERS PRACTICE TIMES CAN</u></b> <b><u>AND MORE THAN LIKELY WILL HAVE TO BE ADJUSTED PER CONDITIONS.</u></b> <b><u>PLEASE BE PREPARED FOR ANY AND ALL ADJUSTMENTS (IE 5AM</u></b> <b><u>PRACTICE DUE TO AQI ETC)</u></b>					

<div> <div>◀ July</div> <div><b>Varsity August 2022</b></div> <div>September ▶</div> </div>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> FALL CAMP PRACTICE #7 4:00-7:30PM  SHELLS	<b>2</b> FALL CAMP PRACTICE #8 4:00-7:30PM  FULL	<b>3</b> FALL CAMP PRACTICE #9 4:00-7:30PM  FULL	<b>4</b> FALL CAMP PRACTICE #10 4:00-6:00PM  SHELLS	<b>5</b> MAROON AND WHITE TBA	<b>6</b> FILM 8-10AM  COACHES 6-8PM  PICTURES?????
<b>7</b> KIDS OFF	<b>8</b> FALL CAMP PRACTICE #7 430-8PM  SHELLS	<b>9</b> FIRST DAY OF SCHOOL  PRACTICE FULL GEAR 430-6:45 PM	<b>10</b> CLASS LIFT  PRACTICE FULL GEAR 310-6:00 PM	<b>11</b> CLASS LIFT  PRACTICE SHELLS 7:15-8:00 A 4 <sup>TH</sup> PERIOD	<b>12</b> SCRIMMAGE @ PLACER  TIMES TBA	<b>13</b> GOLF/DINNER AUCTION ALL DAY
<b>14</b> KIDS OFF	<b>15</b> PRACTICE SHELLS 7:15-8:00 A 4 <sup>TH</sup> PERIOD PM OFF	<b>16</b> CLASS LIFT  PRACTICE FULL GEAR 310-6:00 PM	<b>17</b> CLASS LIFT  PRACTICE FULL GEAR 310-6:00 PM	<b>18</b> PRACTICE SHELLS 7:15-8:00 A 4 <sup>TH</sup> PERIOD PM WOLF CHOW FROSH V STAGG	<b>19</b> V FRANKLIN-EG 5/715 PM	<b>20</b> FILM 8-10 COACHES 1015-1245
<b>21</b> KIDS OFF	<b>22</b> PRACTICE SHELLS 7:15-8:00 A 4 <sup>TH</sup> PERIOD PM OFF	<b>23</b> CLASS LIFT  PRACTICE FULL GEAR 310-6:00 PM	<b>24</b> CLASS LIFT  PRACTICE FULL GEAR 310-6:00 PM	<b>25</b> PRACTICE SHELLS 7:15-8:00 A 4 <sup>TH</sup> PERIOD PM OFF FROSH V WHITNEY	<b>26</b> @ WHITNEY 5/715 PM	<b>27</b> FILM 8-10 COACHES 1015-1245
<b>28</b> KIDS OFF	<b>29</b> PRACTICE SHELLS 7:15-8:00 A 4 <sup>TH</sup> PERIOD PM OFF	<b>30</b> PRACTICE FULL GEAR 310-6:00 PM	<b>31</b> PRACTICE FULL GEAR 310-6:00 PM	<b>PRACTICE TIMES WILL BE THE            SAME MOVING FORWARD FOR            REMAINDER OF SEASON</b>		

**GIVEN THE NATURE OF CALIFORNIA SUMMERS PRACTICE TIMES CAN AND MORE THAN LIKELY WILL HAVE TO BE ADJUSTED PER CONDITIONS. PLEASE BE PREPARED FOR ANY AND ALL ADJUSTMENTS (IE 5AM PRACTICE DUE TO AQI ETC)**

JV August 2022						
◀ July						September ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> FALL CAMP PRACTICE #7 4:00-7:30PM  SHELLS	<b>2</b> FALL CAMP PRACTICE #8 4:00-7:30PM  FULL	<b>3</b> FALL CAMP PRACTICE #9 4:00-7:30PM  FULL	<b>4</b> FALL CAMP PRACTICE #10 4:00-6:00PM  SHELLS	<b>5</b> MAROON AND WHITE TBA	<b>6</b> FILM 8-10AM  PICTURES
<b>7</b> KIDS OFF	<b>8</b> FALL CAMP PRACTICE #7 4:00-7:30PM  SHELLS	<b>9</b> FIRST DAY OF SCHOOL  PRACTICE FULL GEAR 3:50-6:20 PM	<b>10</b>  PRACTICE FULL GEAR 3:50-6:20 PM	<b>11</b>  PRACTICE SHELLS 4:00-5:30	<b>12</b> SCRIMMAGE @ PLACER  TIMES TBA	<b>13</b> GOLF/DINNER AUCTION ALL DAY
<b>14</b> KIDS OFF	<b>15</b>  PRACTICE SHELLS 4:00-5:30	<b>16</b>  PRACTICE FULL GEAR 3:50-6:20 PM	<b>17</b>  PRACTICE FULL GEAR 3:50-6:20 PM	<b>18</b>  PRACTICE SHELLS 4:00-5:30 FROSH V STAGG	<b>19</b> V FRANKLIN-EG 5/715 PM	<b>20</b> FILM 8-10 COACHES 1015-1245
<b>21</b> KIDS OFF	<b>22</b>  PRACTICE SHELLS 4:00-5:30	<b>23</b>  PRACTICE FULL GEAR 3:50-6:20 PM	<b>24</b>  PRACTICE FULL GEAR 3:50-6:20 PM	<b>25</b>  PRACTICE SHELLS 4:00-5:30 FROSH V WHITNEY	<b>26</b> @ WHITNEY 5/715 PM	<b>27</b> FILM 8-10 COACHES 1015-1245
<b>28</b> KIDS OFF	<b>29</b>  PRACTICE SHELLS 4:00-5:30	<b>30</b>  PRACTICE FULL GEAR 3:50-6:20 PM	<b>31</b>  PRACTICE FULL GEAR 3:50-6:20 PM	<b>PRACTICE TIMES WILL BE THE            SAME MOVING FORWARD FOR            REMAINDER OF SEASON</b>		

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FROSH August 2022						
◀ July						September ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> FALL CAMP PRACTICE #7 4:00-7:30PM  SHELLS	<b>2</b> FALL CAMP PRACTICE #8 4:00-7:30PM  FULL	<b>3</b> FALL CAMP PRACTICE #9 4:00-7:30PM  FULL	<b>4</b> FALL CAMP PRACTICE #10 4:00-6:00PM  SHELLS	<b>5</b> MAROON AND WHITE TBA	<b>6</b> FILM 8-10AM  PICTURES
<b>7</b> KIDS OFF	<b>8</b> FALL CAMP PRACTICE #7 4:00-7:30PM  SHELLS	<b>9</b> FIRST DAY OF SCHOOL  PRACTICE FULL GEAR 3:50-6:20 PM	<b>10</b>  PRACTICE FULL GEAR 3:50-6:20 PM	<b>11</b>  PRACTICE SHELLS 3:50-5:15PM	<b>12</b> SCRIMMAGE @ PLACER  TIMES TBA	<b>13</b> GOLF/DINNER AUCTION ALL DAY
<b>14</b> KIDS OFF	<b>15</b>  PRACTICE FULL GEAR 3:50-6:20 PM	<b>16</b>  PRACTICE FULL GEAR 3:50-6:20 PM	<b>17</b>  PRACTICE SHELLS 3:50-5:15PM	<b>18</b>  FROSH V STAGG 5:30 PM	<b>19</b>  PRACTICE/FILM SHELLS 3:50-5:15PM	<b>20</b> FILM 8-10 COACHES 1015-1245
<b>21</b> KIDS OFF	<b>22</b>  PRACTICE FULL GEAR 3:50-6:20 PM	<b>23</b>  PRACTICE FULL GEAR 3:50-6:20 PM	<b>24</b>  PRACTICE SHELLS 3:50-5:15PM	<b>25</b>  FROSH V WHITNEY	<b>26</b>  PRACTICE/FILM SHELLS 3:50-5:15PM	<b>27</b> FILM 8-10 COACHES 1015-1245
<b>28</b> KIDS OFF	<b>29</b>  PRACTICE FULL GEAR 3:50-6:20 PM	<b>30</b>  PRACTICE FULL GEAR 3:50-6:20 PM	<b>31</b>  PRACTICE SHELLS 3:50-5:15PM	<b>PRACTICE TIMES WILL BE THE            SAME MOVING FORWARD FOR            REMAINDER OF SEASON</b>		

**GIVEN THE NATURE OF CALIFORNIA SUMMERS PRACTICE TIMES CAN AND MORE THAN LIKELY WILL HAVE TO BE ADJUSTED PER CONDITIONS. PLEASE BE PREPARED FOR ANY AND ALL ADJUSTMENTS (IE 5AM PRACTICE DUE TO AQI ETC)**