

MAY 2019

SUN MON TUE WED THU FRI SAT

04

03

02

01

STUDY HALL 1:15 PM - 2:40 PM

WEIGHT ROOM 1:20 PM
MEETINGS 4PM
SPRING PRACTICE #3
4:30PM - 6:30PM

WEIGHT ROOM 1:20 PM
MEETINGS 4PM
SPRING PRACTICE #2
4:30PM - 6:30PM

11

10

09

08

STUDY HALL 1:15 PM - 2:40 PM

WEIGHT ROOM 1:20 PM
MEETINGS 3PM
SPRING PRACTICE #6
3:30PM - 5:30PM

WEIGHT ROOM 1:20 PM
MEETINGS 3PM
SPRING PRACTICE #5
3:30PM - 5:30PM

18

17

16

15

VARSITY 7 ON 7
TOURNAMENT
LOS ALAMITOS HIGH
SCHOOL
8:30AM

STUDY HALL 1:15 PM - 2:40 PM

WEIGHT ROOM 1:20 PM
MEETINGS 3PM
SPRING PRACTICE #8
3:30PM - 5:30PM

WEIGHT ROOM 1:20 PM
MEETINGS 3PM
COLLEGE SHOWCASE
TIME: TBA

25

24

23

22

STUDY HALL 1:15 PM - 2:40 PM

WEIGHT ROOM 1:20 PM
MEETINGS 3PM
SPRING PRACTICE #11
3:30PM - 5:30PM

WEIGHT ROOM 1:20 PM
MEETINGS 3PM
SPRING PRACTICE #10
3:30PM - 5:30PM

31

30

29

STUDY HALL 1:15 PM - 2:40 PM

WEIGHT ROOM 1:20 PM
BLUE VS GOLD GAME - 5PM
POWDER PUFF GAME - 7PM

WEIGHT ROOM 1:20 PM
SPRING PRACTICE #12
3:30PM - 5:30PM

07

06

STUDY HALL 1:13PM
WEIGHT ROOM 2:30PM
COMPETE VS OPPONENT
4PM-6PM

WEIGHT ROOM 1:20 PM
MEETINGS 3PM
SPRING PRACTICE #4
3:30PM - 5:30PM

14

13

STUDY HALL 1:13PM
WEIGHT ROOM 2:30PM
VS PARAMOUNT 3:30 PM
- 530PM

WEIGHT ROOM 1:20 PM
MEETINGS 3PM
SPRING PRACTICE #7
3:30PM - 5:30PM

21

20

STUDY HALL 1:13PM
WEIGHT ROOM 2:30PM
COMPETE VS OPPONENT
4PM - 6PM

WEIGHT ROOM 1:20 PM
MEETINGS 3PM
SPRING PRACTICE #9
3:30PM - 5:30PM

28

27

STUDY HALL 1:13PM
WEIGHT ROOM 2:30PM
COMPETE VS OPPONENT
4PM-6PM

NO SCHOOL

JUNE 2019

[illegible]

10

02	03	04	05	06	07	08
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WEIGHT ROOM 1:20 PM	STUDY HALL 1:13PM	WEIGHT ROOM 1:20 PM	STUDY HALL 1:13PM	FINALS
SPEED & CONDITIONING 1:20PM		SPEED & CONDITIONING 1:20PM		

09 10 11 12 13 14 15

	FINALS WEEK	WEIGHT ROOM 8 TH PERIOD	WEIGHT ROOM 7 TH PERIOD	LAST DAY OF SCHOOL	OFF
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					
31					

16 17 18 19 20 21 22

DEAD PERIOD BEGINS

	WEIGHT ROOM	WEIGHT ROOM
	OPEN 1230-230PM	OPEN 1230-230PM

OFF

23 24 25 26 27 28 29

WEIGHT ROOM	WEIGHT ROOM	WEIGHT ROOM	WEIGHT ROOM
OPEN 1230-230PM	OPEN 1230-230PM	OPEN 1230-230PM	OPEN 1230-230PM
OFF	OFF	OFF	OFF

30

JULY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	01 WEIGHT ROOM OPEN 1230-230PM	02 WEIGHT ROOM OPEN 1230-230PM	03 WEIGHT ROOM OPEN 1230-230PM	04 OFF	05 OFF	06 LAST DAY OF DEAD PERIOD
07	08 DEAD PERIOD ENDS PRACTICE 2:00PM – 5:00PM	09 PRACTICE 2:00PM – 5:00PM	10 PRACTICE 2:00PM – 5:00PM	11 PRACTICE 2:00PM – 5:00PM	12	13
14	15 PRACTICE 2:00PM – 5:00PM	16 PRACTICE 2:00PM – 5:00PM	17 PRACTICE 2:00PM – 5:00PM TEAM BOWLING NIGHT	18 PRACTICE 2:00PM – 5:00PM	19	20
21	22 PRACTICE 2:00PM – 5:00PM	23 PRACTICE 2:00PM – 5:00PM	24 PRACTICE 2:00PM – 5:00PM	25 PRACTICE 2:00PM – 5:00PM	26	27
28	29 PRACTICE 2:00PM – 5:00PM	30 PRACTICE 2:00PM – 5:00PM	31 PRACTICE 2:00PM – 5:00PM EQUIPMENT HAND OUT	31 PRACTICE 2:00PM – 5:00PM EQUIPMENT HAND OUT		

SUN MON TUE WED THU FRI SAT

01	02	03
CAMP 1:00PM – 5:00PM	TEAM BEACH DAY	BOLSA CHICA STATE BEACH 12PM – 10PM

04	05	06	07	08	09	10
PRACTICE 1 – 6AM – 9AM (HELMETS)	PRACTICE 2 – 3PM – 6PM (HELMETS)	PRACTICE 3 – 3PM – 6PM (HELMETS)	PRACTICE 4 – 6AM – 9AM (HELMETS)	PRACTICE 6 – 3PM – 6PM (HELMETS)	PRACTICE 7 – 6AM – 6PM (FULL PADS)	PRACTICE 9 – 9AM – 12PM FULL PADS (TEAM SCRIMMAGE)
PRACTICE 10 – 6AM – 9AM (FULL PADS)	PRACTICE 11 – 3PM – 6PM (HELMETS)	PRACTICE 12 – 3PM – 6PM (FULL PADS)	PRACTICE 13 – 6AM – 9AM (HELMETS)	PRACTICE 15 – 3PM – 6PM (HELMETS)	SCRIMMAGE @ SANTA MARGARITA	PRACTICE 8AM – 10AM – SPIRIT PACK
PRACTICE 10 – 6AM – 9AM (FULL PADS)	PRACTICE 11 – 3PM – 6PM (HELMETS)	PRACTICE 12 – 3PM – 6PM (FULL PADS)	PRACTICE 13 – 6AM – 9AM (HELMETS)	PRACTICE 15 – 3PM – 6PM (HELMETS)	FRESHMAN – 5PM JV – 5PM VARSITY – 7PM	

11	12	13	14	15	16	17
PRACTICE 10 – 6AM – 9AM (FULL PADS)	PRACTICE 11 – 3PM – 6PM (HELMETS)	PRACTICE 12 – 3PM – 6PM (FULL PADS)	PRACTICE 13 – 6AM – 9AM (HELMETS)	PRACTICE 15 – 3PM – 6PM (HELMETS)	SCRIMMAGE @ SANTA MARGARITA	PRACTICE 8AM – 10AM – SPIRIT PACK
PRACTICE 10 – 6AM – 9AM (FULL PADS)	PRACTICE 11 – 3PM – 6PM (HELMETS)	PRACTICE 12 – 3PM – 6PM (FULL PADS)	PRACTICE 13 – 6AM – 9AM (HELMETS)	PRACTICE 15 – 3PM – 6PM (HELMETS)	FRESHMAN – 5PM JV – 5PM VARSITY – 7PM	

18	19	20	21	22	23	24
PRACTICE – 3PM – 6PM	PRACTICE – 3PM – 6PM	PRACTICE – 3PM – 6PM	PRACTICE – 3PM – 6PM	FRESHMAN VS CARSON 3PM	GAME 1 VS CARSON	PRACTICE 8AM – 10AM – SPIRIT PACK
PRACTICE – 3PM – 6PM	PRACTICE – 3PM – 6PM	PRACTICE – 3PM – 6PM	PRACTICE – 3PM – 6PM	FRESHMAN VS CARSON 3PM	GAME 1 VS CARSON	PRACTICE 8AM – 10AM – SPIRIT PACK
PRACTICE – 3PM – 6PM	PRACTICE – 3PM – 6PM	PRACTICE – 3PM – 6PM	PRACTICE – 3PM – 6PM	FRESHMAN VS CARSON 3PM	GAME 1 VS CARSON	PRACTICE 8AM – 10AM – SPIRIT PACK

25	26	27	28	29	30	31
PRACTICE – 3PM – 6PM	PRACTICE – 3PM – 6PM	PRACTICE – 3PM – 6PM	FIRST DAY OF SCHOOL	FRESHMAN VS CARLSBAD	GAME 2 VS CARLSBAD	PRACTICE 8AM – 10AM – SPIRIT PACK
PRACTICE – 3PM – 6PM	PRACTICE – 3PM – 6PM	PRACTICE – 3PM – 6PM	FIRST DAY OF SCHOOL	FRESHMAN VS CARLSBAD	GAME 2 VS CARLSBAD	PRACTICE 8AM – 10AM – SPIRIT PACK
PRACTICE – 3PM – 6PM	PRACTICE – 3PM – 6PM	PRACTICE – 3PM – 6PM	FIRST DAY OF SCHOOL	FRESHMAN VS CARLSBAD	GAME 2 VS CARLSBAD	PRACTICE 8AM – 10AM – SPIRIT PACK