

April 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. 2 pm - Leadership Seminar (Gr 11/12) 3-4:30 Footwork/ Ball skills	2. Power Phase <u>3:30 Wrestling</u> 4:30 speed training	3. <i>3:30 - Linemen & RB sessions</i>	4. Power Phase <u>3:30 weight room</u> 4:30 QB school 6- Parents meeting	5. <u>3:30 weight room</u>	6. Good Friday - No School	7.
8.	9. Easter Monday School Closed	10. <i>3:30 - Linemen & RB sessions</i>	11. Power Phase <u>3:30 weight room</u> 4:30 speed training	12. <i>3:30 – 7 on 7</i>	13. Power Phase <u>3:00 weight room</u>	14.
15. 2 pm - Leadership Seminar (Gr 10/11) 3-4:30 Footwork/ Ball skills	16. Power Phase <u>3:30 Wrestling</u> 4:30 speed training	17. <i>3:30 - Linemen & RB sessions</i>	18. Power Phase <u>3:30 weight room</u> 3:30 Football 101 for new players	19. <i>3:30 – 7 on 7</i>	20.	21.
22. 10:30 to 1: 7 on 7 Spring League at Van College	23. Power Phase <u>3:30 Wrestling</u> 4:30 speed training	24. <i>3:30 - Linemen & RB sessions</i>	25. Power Phase <u>3:30 weight room</u>	26. <i>3:30 – 7 on 7</i>	27. Power Phase Pro “D” day No School <u>3:30 weight room?</u>	28. JV Spring Flag 11:30 – 2 pm Coquitlam
29. 10:30 to 1: 7 on 7 Spring League at WJ Mouat	30. Power Phase <u>3:30 Wrestling</u> 4:30 speed training JV Equipment issue (all week)					

May 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. <i>3:30 - Linemen & RB sessions</i>	2. Power Phase <u>3:30 weight room</u> 3:30 Football 101 for new players	3. <u>3:30 weight room</u> 4:30 QB school	4. Power Phase <u>3:30 weight room</u> 5 to 8:30: 7 on 7 Spring League at Mercer	5.
6. JV Spring Flag 11:30 - 2 in Richmond	7. <i>3:30 – Varsity #1</i>	8. Power Phase <u>3:30 weight room</u>	9. Power Phase <u>3:30 weight room</u>	10. <i>3:30 – Varsity #2</i>	11. Power Phase <u>1:00 weight room</u> Curriculum Day No School	12. JV Spring Flag 9am - 6pm at Mercer
13. Mother's Day	14. <i>3:30 – Varsity #3</i> <u>3:30 JV Meeting</u>	15. Wt. Testing <u>3:30 Srs weight room</u> 3:35 –JV Walk through (no pads)	16. Wt. Testing <u>3:30 Srs weights</u> 3:35 –JV Practice #1	17. <i>3:30 – Varsity #4</i> <i>JV Practice #2</i>	18. Wt. Testing <u>3:30 Srs weights</u>	19.
20.	21. <u>Victoria Day No School</u>	22. Spring Camp <i>3:30 – Varsity #5</i> <i>Jr Varsity #3</i>	23. Spring Camp <i>3:30 – Jr Varsity #4</i> TBA - May Day	24. Spring Camp <i>3:30 – Varsity #6</i> <i>Jr Varsity #5</i>	25. Spring Camp <i>Jr Varsity #6</i>	26. Hyack Parade – players to march & volunteer JV Spring Flag 11:30 - 2 Langley
27.	28. Spring Camp <i>3:30 – Varsity #7</i> <i>Jr Varsity #7</i>	29. Spring Camp 3:30 - Varsity (no pads) <i>JV Practice #8</i>	30. 3:30 - Varsity (no pads) <i>JV Practice #9</i>	31. <i>3:30 – Varsity #8</i> <i>JV Practice #10</i>		

June 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1. 3:30 - Weight room 2 pm-JV Jamboree at Bby Lake	2. JV Spring Flag 11:30-2 Chilliwack Townsend Stadium
3.	4. 3:30 – Varsity #9	5. 3:30 - Varsity (no pads) Athletics Banquet	6. 3:30 – Varsity #10	7. 3:30 – Varsity walk through (no pads) 3:30 – JV team meeting & film	8. 6:30 – Varsity spring game vs Blaine	9.
10. Father's Day	11. 3:30 - Varsity team meeting & film	12.	13.	14.	15.	16. Parents Pub Nite 7pm - Rivers Reach
17.	18. Finals A & C Block	19. Finals B & D Block Last Day of Classes	20. Provincial Exams 1:00 – Weight Room Session – handout summer weight room program	21. Provincial Exams	22. Provincial Exams English 10 2 pm - Leave for Team Camp - WA	23. Team Camp - WA
24. Team Camp - WA	25. Team Camp - WA	26. 10 pm - Return from Team Camp	27. Last Provincial Exam - Math 10	28. 11:30 to 1 pm – Weights Host Team Camp	29. Baseline testing Host Team Camp	30. Host Team Camp