

July 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. Canada Day	2. Holiday – school closed	3. Start of summer school 2 to 3:30 pm - Weight room	4. 5 pm – speed training	5. 11 to 12:30 pm – Weights	6.	7.
8.	9. 2 to 3:30 pm - Weight room 4pm – speed training	10.	11. 5 pm – speed training	12. 11 to 12:30 pm – Weights	13.	14.
15.	16. 2 to 3:30 pm - Weight room 4pm – speed training	17.	18. 5 pm – speed training	19. 11 to 12:30 pm – Weights	20.	21.
22.	23. 2 to 3:30 pm - Weight room 4pm – speed training	24.	25. 5 pm – speed training	26. 11 to 12:30 pm – Weights	27.	28.
29.	30. 2 to 3:30 pm - Weight room 4pm – speed training	31.				

August 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. 5 pm – speed training	2. 11 to 12:30 pm – Weights (Throwing after & Linemen session)	3.	4.
5.	6. 2 to 3:30 pm - Weight room 4pm – speed training	7.	8. 5 pm – speed training	9. 11 to 12:30 pm – Weights (Throwing after & Linemen session)	10.	11.
12.	13. 2 to 3:30 pm - Weight room (TESTING) 4pm – speed training	14.	15. 5 pm – speed training	16. 11 to 12:30 pm – Weight TESTING (Throwing after & Linemen session)	17.	18.
19. 6 - 8 pm: Field & Weight Testing (Team meeting & playbooks)	20. Fall Camp begins 6 to 7:30 - practice 1 8 to 9:30 - practice 2	21. 4:45 - 5:30 - Meetings & Film 6 to 7:30 – practice 3 8 to 9:30 – practice 4	22. 4:30 – 5:30 Weights 5:45 - 6:30 - Meetings & Film 7 to 9pm - practice 5 6:00 Parents mtg	23. 4:45 - 5:30 - Meetings & film 6 to 7:30 – practice 6 8 to 9:30 – practice 7	24. 4:30 – 5:30 Weights 5:45 - 6:30 - Meetings & Film 7-9 pm - Practice 8 w/ Rick Hansen HS 5-7 pm - JV Practice	25.
26.	27. 4:45 - 5:30 - Meetings & Film 6 to 7:30 - practice 9 8 to 9:30 - practice 10	28. 4:45 - 5:30 - Meetings & Film 6 to 7:30 – practice 11 8 to 9:30 – practice 12	29. 4:30 – 5:30 Weights 5:45 - 6:30 - Meetings & Film 7 to 9pm - practice 13	30. TBA - practice 12 (helmet & shoulder pads only) Seattle Trip (TBA)	31. 7 pm - Game at Blaine HS (WA)	- Next practice Sept 4 at 3:30 pm at Mercer