

July 2013



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

August 2013



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. 11 to 12:30 pm – Weights (Throwing after & Linemen session)	2.	3.
4.	5. 2 to 3:30 pm - Weight room 4pm – speed training	6.	7. 2 to 3:30 pm - Weight room 4 pm – speed training	8. 11 to 12:30 pm – Weights (Throwing after & Linemen session)	9.	10.
11.	12. 2 to 3:30 pm - Weight room (TESTING) 4pm – speed training	13.	14. 2 to 3:30 pm - Weight room 4 pm – speed training	15. 11 to 12:30 pm – Weight TESTING (Throwing after & Linemen session)	16.	17.
18. 6 - 8 pm: Field & Weight Testing (Team meeting & playbooks)	19. Fall Camp begins 6 to 7:30 - practice 1 8 to 9:30 - practice 2	20. 4:45 - 5:30 - Meetings & Film 6 to 7:30 – practice 3 8 to 9:30 – practice 4	21. 4:30 – 5:30 Weights 5:45 - 6:30 - Meetings & Film 7 to 9pm - practice 5	22. 4:45 - 5:30 - Meetings & film 6 to 7:30 – practice 6 8 to 9:30 – practice 7	23. 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	24.
25.	26. 4:45 - 5:30 - Meetings & Film 6 to 7:30 - practice 9 8 to 9:30 - practice 10	27. 4:45 - 5:30 - Meetings & Film 6 to 7:30 – practice 11 8 to 9:30 – practice 12	28. 4:30 – 5:30 Weights 5:45 - 6:30 - Meetings & Film 7 to 9pm - practice 13	29. 2-4 pm – JV Practice 7:30 pm - Game vs South Delta at Mercer	30. 12-2pm: JV Practice with WJ Mouat 1-2pm: Sr Film 2-3: Walk Through	- Next practice Sept 3 at 3:30 pm at Mercer