

April 2017



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|---|---|-----------------------------|
| | | | | | | 1. |
| 2. 12-1:30 am Footwork/ Ball skills | 3. 3:15 weight room | 4. 3:15 Speed/Agility 4pm – 7 on 7 (O) & <i>Linemen sessions</i> | 5. 3:15 weight room 5pm - Tutoring | 6. 11:35 weight room 3:15 Speed School | 7. 11:35 weight room 4:30 – 7 on 7 (D) 7 - Comedy Night | 8. |
| 9. 12-1:30 am Footwork/ Ball skills | 10. 3:15 weight room | 11. 3:15 Speed/Agility 4pm – 7 on 7 (S) & <i>Linemen sessions</i> 5pm – Tutoring | 12. 3:15 weight room 5pm - Tutoring | 13. 11:35 weight room 3:15 Speed School | 14. Good Friday 5 to 8pm: 7 on 7 Spring League at Town Center | 15. |
| 16. | 17. Easter Monday | 18. 3:15 weight room 4:30 <i>Linemen session</i> 11:30 am - QB mtg | 19. 3:15 weight room 5pm - Tutoring | 20. 11:35 weight room 3:15 Speed School 4pm: 7on7 review | 21. 11:35 weight room 5 to 8pm: 7 on 7 Spring League at VC | 22. |
| 23. U-16 Spring Flag | 24. <u>Pro-D (No school)</u> | 25. 3:15 weight room 4:30 <i>Linemen session</i> | 26. 3:15 weight room 5pm - Tutoring | 27. 11:35 weight room 3:15 Speed School 4pm: 7on7 review 5pm – NFA Camp | 28. 11:35 weight room 3:30 Middle School jamboree 5-8pm: 7 on 7 Spring League at WJ Mouat | 29. U-16 Spring Flag |

May 2017



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------|--|--|---|---|---|--|
| 30. | 1. <u>3:15 weight room</u> | 2. <u>3:15 Speed/Agility</u> <i>4pm – 7 on 7 (B) & Linemen sessions</i> <i>5pm – Tutoring</i> | 3. <u>3:15 weight room</u> <i>5pm - Tutoring</i> | 4. <u>11:35 weight room</u> <u>3:15 Speed School</u> | 5. <u>11:35 weight room</u> | 6. U-16 Spring Flag |
| 7. Mother's Day | 8. <u>3:15 weight room</u> | 9. <u>3:15 Speed/Agility</u> <i>4pm – 7 on 7 (B) & Linemen sessions</i> <i>5pm – Tutoring</i> | 10. <u>3:15 weight room</u> 3:30 Football 101 for new players <i>JV Equipment issue</i> <i>5pm - Tutoring</i> | 11. <u>11:35 weight room & Speed School</u> <i>Collaboration day (school ends 11:30)</i> | 12. <u>11:35 weight room</u> 5-8pm: 7 on 7 Spring League at Mercer | 13. U-16 Spring Flag HYACKS IN MOTION |
| 14. | 15. <u>3:15 weight room</u> 11:30 - QB School | 16. <u>3:15 Speed/Agility</u> <i>4pm – 7 on 7 (B) & Linemen sessions</i> <i>5pm – Tutoring</i> | 17. <u>3:15 weight room</u> <i>JV Equipment issue</i> <i>5pm - Tutoring</i> | 18. <u>11:35 weight room</u> Team Building day <i>JV Equipment issue</i> | 19. Pro-D (No school) | 20. RCHFC Youth Football Camp, 10am-3pm at Mercer |
| 21. | 22. Spring Camp Victoria Day No School | 23. Spring Camp <i>3:15 – JV & Varsity Meeting & Walk through (no pads)</i> <i>6pm – Tutoring</i> | 24. Spring Camp <i>3:30 – Varsity #1</i> <i>JV Practice #1</i> (MAY DAY) <i>6pm – Tutoring</i> | 25. Spring Camp <u>11:35 weight room</u> <i>3:30 – Varsity #2</i> <i>JV Practice #2</i> | 26. Spring Camp <u>11:35 weight room</u> <i>3:30 – Varsity #3</i> <i>JV Practice #3</i> | 27. Hyack Parade – players to march & volunteer U-16 Spring Flag |
| 28. | 29. Spring Camp <i>3:30 – Varsity #4</i> <i>Jr Varsity #4</i> | 30. Spring Camp <i>3:30 – Varsity #5</i> <i>Jr Varsity #5</i> <i>6pm – Tutoring</i> | 31. Spring Camp <i>3:30 – Varsity #6</i> <i>Jr Varsity #6</i> <i>Collaboration day (school ends 11:30)</i> <i>TBA – Tutoring</i> | | | |

June 2017



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---|---|--|
| | | | | 1. Spring Camp <u>11:35 weight room</u> 3:30 – Varsity #7 Jr Varsity #7 | 2. Spring Camp <u>11:35 weight room</u> | 3. JV Spring Flag |
| 4. | 5. Spring Camp 3:30 – Varsity #8 Jr Varsity #8 | 6. Spring Camp 3:30 – Varsity #9 JV Practice #9 <i>6pm – Tutoring</i> | 7. Spring Camp 3:30 – Varsity #10 JV Practice #10 <i>6pm – Tutoring</i> | 8. Spring Camp <u>11:35 weight room</u> 3:30 – Varsity walk through (no pads) JV Walk through (no pads) | 9. <u>11:35 weight room</u> 6pm - Varsity spring game in Bellingham | 10. 12 pm - JV Jamboree at Mercer (volunteer day) |
| 11. Sapperton Days (volunteer day) | 12. 3:15 – Wrap up meetings & film (both teams) | 13. <u>3:15 weight room</u> <i>5pm – Tutoring</i> | 14. | 15. <u>3:15 weight room</u> <i>5pm – Tutoring</i> | 16. | 17. RCHFC Youth Football Camp, 10am-noon at Mercer Stadium |
| 18. Father's Day | 19. 3:15 Weight room | 20. <u>3:15 weight room</u> <i>5pm – Tutoring</i> | 21. | 22. <u>3:15 weight room</u> <i>5pm – Tutoring</i> | 23. | 24. |
| 25. | 26. | 27. Last Day of Classes 11am to noon – Weight room | 28. | 29. 11am to 12:45 – Weights, Speed & Conditioning | 30. | |

