

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	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. 5:30 - Varsity spring game in Bellingham	10. 11:30 pm - JV Jamboree at Mercer Mission, Hands, GWG (volunteer day)
11. Sapperton Days (volunteer day)	12. 3:15 – Wrap up meetings & film (both teams)	13.	14. 3:15 weight room 4:45 – Tutoring	15.	16.	17.
18. Father's Day	19. 3:15 Weight room	20.	21. 3:15 weight room 4:45 – Tutoring	22. Last Day of Classes Team Building	23.	24.
25. RCHFC Youth Football Camp, 10am-noon at Mercer Stadium	26. 10:30 to 11:45 – Weight room <i>TBA - Poster shoot</i>	27. 10:30 to Noon – Warrior Workout	28.	29. 10:30 to Noon – Warrior Workout	30.	

July 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1. Canada Day (Volunteer Day)
2.	3. 10:30 to 11:45 – Weight room (linemen after)	4. 10:30 to Noon – Warrior Workout	5.	6. 10:30 to Noon – Warrior Workout	7.	8.
9.	10. 10:30 to 11:45 – Weight room (linemen after)	11. 10:30 to Noon – Warrior Workout	12.	13. 10:30 to Noon – Warrior Workout	14.	15.
16.	17. 10:30 to 11:45 – Weight room (linemen after)	18. 10:30 to Noon – Warrior Workout	19.	20. 10:30 to Noon – Warrior Workout	21.	22. Volunteer Day: Uptown Live
23.	24. 10:30 to 11:45 – Weight room (linemen after)	25. 10:30 to Noon – Warrior Workout (throwing after)	26.	27. 10:30 to Noon – Warrior Workout (throwing after)	28.	29. <i>(TBA - Lakewood 7 on 7, 6:30 am – 10 pm)</i>

August 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30.	31. 10:30 to 11:45 – Weight room (linemen after)	1. 10:30 to Noon – Warrior Workout	2.	3. 10:30 to Noon – Warrior Workout (Team Building)	4.	5.
6.	7. BC Day Holiday	8.	9. NFA QB/WR Camp (3:30-7pm) (All QBs, varsity receivers only)	10.	11.	12.
13. 6 - 8 pm: Varsity Field Testing (Team meeting & non-strip practice)	14. Fall Camp begins 3:45 Sr Meetings 4:45-6:15: practice 1 6:40-8:15: practice 2	15. 3:30 Sr Meetings & film 4:30-6pm: practice 3 6:30-8pm: practice 4	16. 3:45 - 4:25: Weights 4:35-5:20: Mtgs/Film 6 to 8pm - practice 5	17. 3:30 Sr Meetings & film 4:30-6pm: practice 6 6:30-8pm: practice 7	18. 3:45 - 4:30: Weights 4:45-5:30: Mtgs/Film 6 to 8pm - practice 8	19. Volunteer Day: Food Truck Festival
20.	21. Depart to California	22.	23.	24.	25.	26.
27. Return from California	28. 4:30 – 5:30 Weights 5:45 - 6:30 - Meetings & Film 7 to 9pm - practice (no pads)	29. 5:45 - 6:30 - Meetings & Film 7 to 9pm – practice (full pads)	30. 4:30 – 5:30 Weights 5:45 - 6:30 - Meetings & Film 7 to 9pm - practice (helmet & shoulder pads only)	31. 7pm - practice (no pads)	SEPT 1. 4pm - JV scrimmage vs Scappoose (OR) 7:30 - Game vs Scappoose HS (OR)	2. - Next practice Sept 5 at 3:30 pm at Mercer