

July 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.	2. 10am to 12pm – Weights, Speed & Conditioning	3.	4. 10am to 12pm – Weights, Speed & Conditioning	5. 10am to 12pm – Weights, Speed & Conditioning	6.	7.
8.	9. 10am to 12pm – Weights, Speed & Conditioning	10.	11. 10am to 12pm – Weights, Speed & Conditioning	12. 10am to 12pm – Weights, Speed & Conditioning	13.	14.
15.	16. 10am to 12pm – Weights, Speed & Conditioning	17.	18. 10am to 12pm – Weights, Speed & Conditioning	19. 10am to 12pm – Weights, Speed & Conditioning	20.	21.
22. Volunteer Day: Show & Shine	23. 10am to 12pm – Weights, Speed & Conditioning	24.	25. 10am to 12pm – Weights, Speed & Conditioning	26. 10am to 12pm – Weights, Speed & Conditioning (1-7pm Team Building)	27.	28. Lakewood 7 on 7 6:30 am – 10 pm Volunteer Day: Food Truck Festival
29.	30. 10am to 12pm – Weights, Speed & Conditioning	31.				

August 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10am to 12pm – Weights, Speed & Conditioning	2. 10am to 12pm – Weights, Speed & Conditioning	3.	4.
5.	6. BC Day Holiday	7. 10am to 12pm – Weights, Speed & Conditioning	8.	9. 10am to 12pm – Weights, Speed & Conditioning TEAM BUILDING	10.	11. NFA Passing Showcase (1-4pm) (All QBs & varsity receivers only)
12. NFA Camp (10am-1pm) (All QBs only)	13.	14.	15.	16.	17.	18. Volunteer Day: Quayside Festival
19. 6 - 8 pm: Varsity Field Testing (& Team meeting)	20. Fall Camp begins 4:30 – Sr Headshots 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	23. 4:45 - 5:30 - Meetings & Film 6 to 7:30 – practice 6 8 to 9:30 – practice 7	24. 4:15 – 6:00 Weights & Film 5-6:30 JV Practice 6:45-9pm - Sr Practice w/ STM	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. 5:30 – 6:15 Weights 7 to 9pm - practice 13	30. 7pm - practice 14 Varsity (helmet & shoulder pads only)	31. 6:30 - Game vs Liberty HS (WA)	SEPT 1. - Next practice Sept 5 at 3:30 pm at Mercer