

June 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1. Spring Camp <u>11:35 weight room</u> Team Building day	2.
3.	4. Spring Camp 3:30 – Varsity #8 Jr Varsity #8	5. Spring Camp 3:30 – Varsity #9 JV Practice #9	6. Spring Camp 3:30 – Varsity #10 JV Practice #10 6pm – Tutoring	7. Spring Camp 5:30 - Varsity spring game in Bellingham	8. 4-6 pm - JV Jamboree at Mercer Mission, Hands, SD 11:30: Varsity Mtg	9.
10. Sapperton Days (volunteer day)	11. 11:30 -Varsity film 3:15 – JV Wrap up meeting	12.	13. 3:15 - Tutoring	14.	15.	16.
17. Father's Day	18. 3:15 Weight room	19.	20. 3:15 - Tutoring	21. Last Day of Classes Team Building	22.	23. <i>7 on 7 Passing Tournament. 9am: All day at Mercer</i>
24. RCHFC Youth Football Camp, 10am-noon at Mercer Stadium	25. 10am to 12pm – Weights, Speed & Conditioning	26.	27. 10am to 12pm – Weights, Speed & Conditioning 2pm - Poster shoot	28. 10am to 12pm – Weights, Speed & Conditioning	29.	30.

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. SFU 7 on 7 Volunteer Day: Uptown Live
22.	23. 10am to 12pm – Weights, Speed & Conditioning	24.	25. 10am to 12pm – Weights, Speed & Conditioning	26. 10am to 12pm – Weights, Speed & Conditioning	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.
12. NFA Passing Showcase (9-1pm) (All QBs, varsity receivers only)	13.	14.	15.	16.	17.	18.
19. 6 - 8 pm: Varsity Field Testing (Team meeting & non-strip practice)	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