

March 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. <u>3:15 weight room</u>	2. <u>11:35 weight room (multi-sport)</u>	3. 12-1:30 am Footwork/ Ball skills
4.	5. <u>3:15 weight room</u>	6. 3:15: Tutoring (math)	7. <u>3:15 weight room</u> 5pm: Study Hall 6:30 pm – Parents meeting (Library)	8. <u>3:15 weight room</u>	9. <u>11:35 weight room (multi-sport)</u>	10. 12-1:30 am Footwork/ Ball skills
11.	12. <u>3:15 weight room</u>	13. 3:15: Tutoring (math)	14. <u>3:15 weight room</u> 5pm: Study Hall	15. <u>3:15 weight room</u>	16. <u>11:35 weight room (multi-sport)</u>	17. 12-1:30 am Footwork/ Ball skills
18.	19. <u>Spring Break Starts</u> <u>2 pm weight room</u>	20.	21. <u>1 pm weight room</u> 2:15 Speed school & 7 on 7 (D), Linemen session	22.	23.	24. 12-1:30 am Footwork/ Ball skills
25.	26. <u>2 pm weight room</u>	27.	28. <u>1 pm weight room</u> 2:15 Speed school & 7 on 7 (O), Linemen session	29.	30. Good Friday	31.

April 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.	2. Easter Monday	3. <u>SCHOOL REOPENS</u> 3:15 Speed/Agility 4pm – 7 on 7 (O) & Linemen sessions	4. <u>3:15 weight room</u> 5pm - Tutoring	5. <u>3:15 weight room</u> 4:15 Speed School	6. <u>11:35 weight room</u>	7.
8.	9. <u>3:15 weight room</u>	10. <u>3:15 Speed/Agility</u> 4pm – 7 on 7 (S)	11. Dismissal 11:30 <u>11:45 weight room</u> 1pm: Linemen session 2 pm - Tutoring	12. <u>3:15 weight room</u> 4:15 Speed School 6pm – NFA Camp	13. <u>11:35 weight room</u> 3:15 – 7 on 7 (D)	14.
15.	16. <u>3:15 weight room</u>	17. <u>3:15 Speed School</u> 4pm: 7on7 11:30 am - QB mtg	18. <u>3:15 weight room</u> 4:15 Linemen session 5pm - Tutoring	19. <u>3:15 weight room</u> 4:15 Speed School 5pm: 7on7 review	20. <u>11:35 weight room</u> 4:30 to 7pm: 7 on 7 Spring League at Burnaby Lake	21.
22.	23. <u>Pro-D (No school)</u>	24. <u>3:15 Speed School</u> 4pm: 7on7	25. <u>3:15 weight room</u> 4:15 Linemen session 5pm - Tutoring	26. <u>3:15 weight room</u>	27. <u>11:35 weight room</u> 3:30 Middle School jamboree at Mercer	28. 11-12pm: 7 on 7 vs Vernon at Mercer
29.	30. <u>3:15 weight room</u>					

May 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<u>3:15 weight room</u>	1. <u>3:15 Speed/Agility</u> 4pm: 7on7	2. <u>3:15 weight room</u> 4:15 <i>Linemen session</i> 5pm - Tutoring	3. <u>11:35 weight room</u> <u>3:15 Speed School</u> 5pm – NFA Camp	4. <u>11:35 weight room</u> 7 - Comedy Night 5-8pm: 7 on 7 Spring Lg: Mercer	5. HYACKS IN MOTION
6.	7. <u>3:15 weight room</u>	8. <u>3:15 weight room</u>	9. Dismissal 11:30 11:45 <i>Speed/Agility, 7on7 & Linemen session</i>	10. <u>3:15 weight room</u> JV Equipment issue	11. <u>11:35 weight room</u> 5-8pm: 7 on 7 Spring League at Mercer	12.
13. Mother's Day RCHFC Youth Football Camp, 10-3pm at Mercer	14. <u>3:15 weight room</u> 11:30 - QB School	15. <u>3:15 Speed/Agility</u> 4pm – 7 on 7 (B) & <i>Linemen sessions</i>	16. <u>3:15 weight room</u> JV Equipment issue 5pm - Tutoring	17. <u>11:35 weight room</u> JV Equipment issue	18. Pro-D (No school)	19.
20.	21. <u>Victoria Day</u> <u>No School</u>	22. Spring Camp 3:15 – JV & Varsity Meeting & Walk through (no pads) 6pm – Tutoring	23. Spring Camp 3:30 – Varsity #1 JV Practice #1 (MAY DAY) 6pm – Tutoring	24. Spring Camp <u>11:35 weight room</u> 3:30 – Varsity #2 JV Practice #2	25. Spring Camp <u>11:35 weight room</u> 3:30 – Varsity #3 JV Practice #3	26. Hyack Parade – players to march & volunteer
27.	28. Spring Camp 3:30 – Varsity #4 Jr Varsity #4	29. Spring Camp 3:30 – Varsity #5 Jr Varsity #5 6pm – Tutoring	30. Spring Camp 3:30 – Varsity #6 Jr Varsity #6 6pm – Tutoring	31. Spring Camp <u>11:35 weight room</u> 3:30 – Varsity #7 Jr Varsity #7		

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 – <i>Tutoring</i>	7. Spring Camp 5:30 - Varsity spring game in Bellingham	8. 4-6 pm - JV Jamboree at Mercer Mission, Hands, SD 3:15: Varsity Mtg	9.
10. Sapperton Days (volunteer day)	11. 3:15 – Wrap up meetings & film (JV)	12.	13. 3:15 weight room 4:45 – <i>Tutoring</i>	14.	15.	16.
17. Father's Day	18. 3:15 Weight room	19.	20. 3:15 weight room 4:45 – <i>Tutoring</i>	21. Last Day of Classes Team Building	22.	23. 7 on 7 Passing Tournament. 9am: All day at Mercer
24. RCHFC Youth Football Camp, 10am-noon at Mercer Stadium	25. 10:30 to 11:45 – Weight room	26. 10:30 to Noon – Warrior Workout 2pm - <i>Poster shoot</i>	27.	28. 10:30 to Noon – Warrior Workout	29.	30.