

June 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31.	1. Spring Camp 3:30 – Varsity #6 JV Practice #8	2. Spring Camp 3:15 - Weight room JV Practice #9	3. Spring Camp 3:30 – Varsity #7 JV Practice #10	4. Spring Camp 3:30 – Varsity #8 3:30 – JV walk through (no pads)	5. Spring Camp 3:15 Srs weights 4 pm - JV Jamboree vs GW Graham	6.
7.	8. Spring Camp 3:30 – Varsity #9	9. Spring Camp 3:30 – Varsity #10	10. Spring Camp 3:30 – Varsity walk through (no pads) 3:15 – JV team meeting & film	11. Spring Camp 6pm - Varsity spring game in Bellingham	12. 3:15 - Varsity team meeting & film	13.
14.	15. 3:15 - Weight room	16. Last Day of Classes 3:15 - Weight room	17. Finals A & C Block	18. Finals B & D Block 3:15 - Weight room	19. Provincial Exams (Eng 12, Sc. 10)	20.
21. Father's Day UW Passing Camp 6:30 am – 10 pm	22. Provincial Exams (Eng 10 FP, Ma 10) *1 - 2:30 pm Weight room	23. Provincial Exams (Fr 12)	24. Provincial Exams (Eng 10; SS 11 & Sc. Hum. 11) *1 - 2:30 pm Weight room	25. Last Provincial Exam – (Math 10) *1 - 3 pm – Weights, Speed & Conditioning	26. NFA QB Camp (5-9 pm), All QBs	27. NFA QB/WR Camp (9am-1pm) (All QBs, varsity receivers only)
28.	29. 10am to noon – Weights, Speed & Conditioning 6pm - Poster shoot	30. 8 am – Depart for Team Camp in Oregon				

July 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. Canada Day Team Camp in Oregon	2. 10 pm – Return from Team Camp in Oregon	3.	4.
5.	6. 10am to noon – Weights, Speed & Conditioning	7.	8. 11:30 to 1 pm – Weights	9. 10am to noon – Weights, Speed & Conditioning	10.	11.
12.	13. 10am to noon – Weights, Speed & Conditioning	14.	15. 11 to 12:30 pm – Weights	16. 10am to noon – Weights, Speed & Conditioning	17.	18.
19.	20. 10am to noon – Weights, Speed & Conditioning	21.	22. 11 to 12:30 pm – Weights	23. 10am to noon – Weights, Speed & Conditioning	24.	25.
26.	27. 10am to noon – Weights, Speed & Conditioning	28.	29. 11 to 12:30 pm – Weights (Throwing after & Linemen session)	30. 10am to noon – Weights, Speed & Conditioning	31.	

August 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2.	3.	4. 10am to noon – Weights, Speed & Conditioning	5. 11 to 12:30 pm – Weights (Throwing after & Linemen session)	6. 10am to noon – Weights, Speed & Conditioning	7.	8.
9.	10. 10am to noon – Weights, Speed & Conditioning	11.	12. 11 to 12:30 pm – Weights (Throwing after & Linemen session)	13. 10am to noon – Weights, Speed & Conditioning	14.	15.
16.	17.	18.	19.	20.	21.	22. Volunteer Day: Quayside Festival Food Truck Festival
23. 6 - 8 pm: Field Testing (Team meeting & playbooks)	24. Fall Camp begins 6 to 7:30 - practice 1 8 to 9:30 - practice 2	25. 4:45 - 5:30 - Meetings & Film 6 to 7:30 – practice 3 8 to 9:30 – practice 4	26. 9 am – depart for Fall Camp at Chilliwack	27. Fall Camp at Chilliwack Cultas Lake	28. Camp at Chilliwack JV practice at GW Graham Varsity practice at WJ Mouat	29.
30.	31. 4:45 - 5:30 - Meetings & Film 6 to 7:30 - practice 9 8 to 9:30 - practice 10	SEPT 1. 4:45 - 5:30 - Meetings & Film 6 to 7:30 – practice 11 8 to 9:30 – practice 12	2. 4:30 – 5:30 Weights 5:45 - 6:30 - Meetings & Film 7 to 9pm - practice 13	3. TBA - practice 12 (helmet & shoulder pads only)	4. 4 pm - JV game at Blaine HS (WA) 7 pm - Game at Blaine HS (WA)	5. - Next practice Sept 8 at 3:30 pm at Mercer