

June 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. Spring Camp 3:30 – Varsity #7 3:30 – Jr Varsity #6	2. Spring Camp <u>11:35 weight room</u> 3:30 – Varsity #8 3:30 - Jr Varsity #7 6pm – Tutoring	3. Spring Camp <u>11:35 weight room</u>	4.
5.	6. Spring Camp 3:30 – Varsity #9 3:30 - Jr Varsity #8	7. Spring Camp 3:30 – Varsity #10 JV Practice #9 6pm – Tutoring	8. Spring Camp 3:30 – Varsity walk through (no pads) JV Practice #10 6pm – Tutoring	9. Spring Camp <u>11:35 weight room</u> 6pm - Varsity spring game in Bellingham	10. <u>11:35 weight room</u> 3:15 - Varsity team meeting & film JV Walk through (no pads)	11. 1 pm - JV Jamboree at Van College
12. Sapperton Days (volunteer day)	13. 3:15 – JV team meeting & film	14. <i>3:15 – Tutoring</i>	15. Finals A & C Block	16. Finals B & D Block <i>3:15 – Tutoring</i>	17.	18.
19. Father's Day	20. 11am - noon Weight room	21. Last Day of Classes	22. Provincial Exams (F&P & A&W Math 10; SS 11 & Sc. Hum. 11)	23. Provincial Exams (Eng 10, AW Math 10) 11am-noon - Weight room	24. Provincial Exams (Sc 10)	25. RCHFC Youth Football Camp, 10am-noon at Queens Park East
26. NFA QB/WR Camp (9am-4pm) (All QBs, varsity receivers only)	27. Provincial Exams (FP Ma 10) 11am to 12:45 – Weights, Speed & Conditioning	28. Provincial Exams (FP Ma 10) 11am to noon – Weight room	29. Provincial Exams (F&P & A&W Ma 10)	30. 11am to 12:45 – Weights, Speed & Conditioning <i>TBA - Poster shoot</i>		

July 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1. Canada Day	2.
3.	4. 11am to 12:45 – Weights, Speed & Conditioning	5. 11am to noon – Weight room (linemen after)	6.	7. 11am to 12:45 – Weights, Speed & Conditioning	8.	9.
10.	11. 11am to 12:45 – Weights, Speed & Conditioning	12. 11am to noon – Weight room (linemen after)	13.	14. 11am to 12:45 – Weights, Speed & Conditioning	15.	16.
17.	18. 11am to 12:45 – Weights, Speed & Conditioning	19. 11am to noon – Weight room (linemen after)	20.	21. 11am to 12:45 – Weights, Speed & Conditioning	22.	23.
24.	25. 11am to 12:45 – Weights, Speed & Conditioning	26. 11am to 12:45 – Weights, Speed & Conditioning	27.	28. 11am to noon – Weight room (linemen session & throwing after)	29.	30. Lakewood 7 on 7 6:30 am – 10 pm

August 2015



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31.	1. BC Day Holiday	2. 11am to noon – Weight room (linemen after)	3.	4. 11am to 12:45 – Weights, Speed & Conditioning	5.	6.
7. NFA QB/WR Camp (9am-1pm) (All QBs, varsity receivers only)	8. 11am to 12:45 – Weights, Speed & Conditioning	9. 11am to noon – Weight room (Throwing after & Linemen session)	10.	11. 11am to 12:45 – Weights, Speed & Conditioning	12.	13.
14.	15.	16.	17.	18.	19.	20. Volunteer Day: Food Truck Festival
21. 6 - 8 pm: Field Testing (Team meeting & handbooks)	22. Fall Camp begins 6 to 7:30 - practice 1 8 to 9:30 - practice 2	23. 4:45 - 5:30 - Meetings & Film 6 to 7:30 – practice 3 8 to 9:30 – practice 4	24. 4:45 - 5:30 - Meetings & Film 6 to 8pm - practice 5	25. 4:45 - 5:30 - Meetings & Film 6 to 7:30 - practice 6 8 to 9:30 – practice 7	26. Camp at Chilliwack JV practice at GW Graham ?? 6pm - Varsity practice w/ WJM	27.
28.	29. 9 am – depart for Fall Camp at Chilliwack (Practice 9/10)	30. Fall Camp at Chilliwack Cultas Lake (Practice 11/12)	31. Fall Camp at Chilliwack Cultas Lake (Practice 13)	SEPT 1. 6pm - practice 14 (helmet & shoulder pads only) JV game TBA	2. 7 pm - Game at Scappoose HS (OR)	3. At UW game - Next practice Sept 6 at 3:30 pm at Mercer