

March 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1.	2.
3. 10-11:30 am Footwork/ Ball skills (Massey)	4. <u>3:15 weight room</u>	5.	6. <i>Collaboration Day</i> <i>(school ends 11:35</i> <u>11:45 weight room</u>	7. <i>11:35 QB Meeting</i> 5:30 – NFA Camp	8.	9.
10. 10-11:30 am Footwork/ Ball skills (Massey)	11. <u>3:15 weight room</u>	12. <i>3:15 – 7 on 7 (O) &</i> <i>D-Line sessions</i> <i>4:45 – Tutoring</i> <i>(Math/Science)</i>	13. <u>3:15 weight room</u> <i>4:30 - Study Hall</i>	14.	15.	16.
17. 10-11:30 am Footwork/ Ball skills (Massey)	18. <u>Spring Break</u> <u>Starts</u> <u>1:30 weight room</u> <i>2:30 7 on 7 (D),</i> <i>O-line session</i>	19.	20. <u>2:30 weight room</u>	21.	22.	23.
24.	25. <u>2:30 weight room</u> <i>3:30 7 on 7 (O),</i> <i>D-line session</i>	26.	27. <u>1pm weight room</u>	28.	29.	30.

April 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 31. 10-11:30 am Footwork/ Ball skills (Massey)	1. <u>SCHOOL REOPENS</u> <u>3:15 weight room</u>	2. 3:15 – 7 on 7 (D) & O-Line sessions 4:45 – Tutoring (Math/Science)	3. <u>3:15 weight room</u> 4:30 - Study Hall	4. 6pm – NFA Camp	5.	6.
7. 10-11:30 am Footwork/ Ball skills (Massey)	8. <u>3:15 weight room</u>	9. 3:15 – 7 on 7 (O) & D-Line sessions 4:45 – Tutoring (Math/Science)	10. <u>Team Building (12-4pm)</u>	11. <u>3:15 weight room JV</u> 3:15 – 7 on 7 (S) Varsity	12.	13.
14. 10-11:30 am Footwork/ Ball skills (Massey)	15. <u>3:15 weight room</u>	16. 3:15 – 7 on 7 (D) & O-Line sessions 4:45 – Tutoring (Math/Science)	17. <u>3:15 weight room</u> 4:30 - Study Hall	18. 3:15 - 7on7 review	19. Good Friday 11-1:30pm: 7 on 7 Spring League at Mercer Stadium	20.
21.	22. Easter Monday	23. 3:15 – 7 on 7 (O) & D-Line sessions 4:45 – Tutoring (Math/Science) 11:30 am - QB mtg	24. <u>3:15 weight room</u> 4:30 - Study Hall	25.	26. 3:30 Middle School jamboree at Mercer 5 to 8pm: 7 on 7 Spring League at Coquitlam Center	27.
28.	29. <u>Pro-D (No school)</u>	30. 3:15 – 7 on 7 (D) & O-Line sessions 4:45 – Tutoring (Math/Science)				

May 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. 3:15 weight room 4:30 - Study Hall	2. 6pm – NFA Camp	3. 7 - Comedy Night 4:30 to 7pm: 7 on 7 Spring League at Burnaby Lake	4.
5.	6. 3:15 weight room 11:30 am - QB mtg	7. 3:15 – 7 on 7 (O) & D-Line sessions 4:45 – Tutoring (Math/Science)	8. 3:15 weight room 4:30 - Study Hall	9. JV Equipment issue	10. 5-8pm: 7 on 7 Spring League at Mercer	11.
12. Mother's Day RCHFC Youth Football Camp, 10-3pm at Mercer	13. 3:15 weight room 11:30 am - QB mtg	14. 3:15 – 7 on 7 (D) & O-Line sessions 4:45 – Tutoring (Math/Science) 3:15 Football 101	15. 3:15 weight room JV Equipment issue 4:30 - Study Hall 6:30 pm – Parents meeting (Library)	16. JV Equipment issue	17. <u>Pro-D (No school)</u>	18.
19.	20. <u>Victoria Day</u> <u>No School</u>	21. Spring Camp 3:15 – JV & Varsity Meeting & Walk through (no pads) 6pm – Tutoring	22. Spring Camp 3:30 – Practice #1 6pm – Tutoring (MAY DAY)	23. Spring Camp 3:30 – Practice #2	24. Spring Camp 3:30 – Practice #3	25. Hyack Parade – players to march & volunteer
26.	27. Spring Camp 3:30 – Practice #4	28. Spring Camp 3:30 – Practice #5 6pm – Tutoring	29. Spring Camp Collaboration Day (school ends 11:35 3:30 – Practice #6 6pm – Tutoring	30. Spring Camp 3:30 – Practice #7	30. Spring Camp Team Building day	

June 2019



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