

# August 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1  10am to 12pm – Weights, Speed & Conditioning	2.	3.
4.	5. BC Day Holiday  12-3pm: Madden Tournament	6. 10am to 12pm – Weights, Speed & Conditioning  Varsity throwing	7.	8. 10am to 12pm – Weights, Speed & Conditioning <b>TEAM BUILDING</b> <b>CULTUS LAKE</b>	9.	10.
11.	12.  Equipment issue (4pm-5:30)	13.  Equipment issue (4pm- 5:30)	14.	15.	16.	17.  Volunteer Day: Quayside Sale
18. <b>6 - 8 pm: Varsity Field Testing (&amp; Team meeting)</b> 5pm - Sr Headshots & Baseline tests	19. <b>Fall Camp begins</b>  6 to 7:30 - practice 1 8 to 9:30 - practice 2 (helmets only)	20.  4:45 - 5:30 - Meetings & Film 6 to 7:30 – practice 3 8 to 9:30 – practice 4	21.  4:45 – 5:20 Weights 5:25 - 6:00 - Meetings & Film 6:45 to 9 - practice 5	22.  4:45 - 5:30 - Meetings & Film 6 to 7:30 – practice 6 8 to 9:30 – practice 7	23.  4:45 – 6:00 Weights & Film 5-6:30 JV Practice 6:45-9pm - Sr Practice w/ STM	24.
25.	26. 4:45 - 5:30 - Meetings & Film 6 to 7:30 – practice 9 8 to 9:30 – practice 10	27. 4:45 - 5:30 - Meetings & Film 6 to 7:30 – practice 11 8 to 9:30 – practice 12	28.  5:30 – 6:15 Weights 6:45 to 9 - practice 13	29. 4-6pm JV Practice w/ Centennial  7-8:45 – Sr practice 14 (helmets only)	30.  <b>5:00 – Jamboree at Sedro Woolley (WA)</b>	31.  Varsity in Seattle at UW game - Next practice Sept 5 (11-1pm)