

January 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Yellow = Army Green = CFC Event</p>			1	2	3	4
5 OFF	6 OFF	7 Team Meeting 3:30	8 S&C 3:30 Weight Room	9 S&C 3:30 Leadership Counsel Room 187 (3:30)	10 OFF	11 OFF
12 OFF	13 Workout 1A W-Room (3:30)	14 Workout 1B W-Room (3:30)	15 Study Hall TBD (3:30)	16 Workout 1C W-Room (3:30)	17 OFF	18 OFF
19 OFF	20 Workout 1A W-Room (3:30)	21 Workout 1B W-Room (3:30) Last Day Semester 1	22 Football IQ Defense Room 188 (3:30)	23 Workout 1C W-Room (3:30)	24 OFF	25 OFF
26 OFF	27 Workout 1A W-Room (3:30) First Day Semester 2	28 Workout 1B W-Room (3:30)	29 Study Hall TBD (3:30) Leadership Counsel Room 187 (3:30)	30 Workout 1C W-Room (3:30) Report Cards	31 OFF	1 st OFF

February 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 OFF	3 Workout 1A W-Room (3:30)	4 Workout 1B W-Room (3:30)	5 Collaboration Day School Ends 11:30 No Meetings	6 Workout 1C W-Room (3:30)	7 ANTI-BULLYING PREP Room 188 (3:10)	8 OFF PLQ MOD 2
9 OFF PLQ MOD 2	10 Workout 1A W-Room (3:30)	11 Workout 1B W-Room (3:30)	12 Study Hall TBD (3:30)	13 Workout 1C W-Room (3:30)	14 NO SCHOOL NO MEETINGS	15 OFF
16 OFF	17 NO SCHOOL NO MEETINGS	18 Workout 1B W-Room (3:30)	19 Football IQ Offense Room 188 (3:30)	20 Workout 1C W-Room (3:30)	21 ANTI-BULLYING PREP Room 188 (3:10) PLQ MOD 2	22 OFF PLQ MOD 2
23 OFF PLQ MOD 2	24 Anti Bullying Day	25 Workout 1B W-Room (3:30)	26 Collaboration Day School Ends 11:30 No Meetings	27 Workout 1C W-Room (3:30)	28 OFF Westie Assault	29 OFF Westie Assault
1 st OFF	2 nd Workout 1A W-Room (3:30)	3 rd Workout 1A W-Room (3:30)	4 th Study Hall TBD (3:30)	5 th Workout 1C W-Room (3:30) Parent/Teacher	6 th OFF	7 th OFF

March 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 OFF	2 Workout 1A W-Room (3:30)	3 Workout 1A W-Room (3:30)	4 Study Hall TBD (3:30)	5 Workout 1C W-Room (3:30) Parent Teacher	6 OFF PLQ MOD 2	7 OFF PLQ MOD 2
8 OFF PLQ MOD 2	9 Workout 1A W-Room (3:30)	10 Workout 1B W-Room (3:30)	11 Study Hall TBD (3:30) Leadership Counsel Room 187 (3:30)	12 Workout 1C W-Room (3:30)	13 OFF	14 OFF
15 OFF	16 Spring Break	17 Spring Break	18 Spring Break	19 Spring Break	20 Spring Break	21 OFF
22 OFF	23 Spring Break AWAY CFC	24 Spring Break AWAY CFC	25 Spring Break AWAY CFC	26 Spring Break AWAY CFC	27 Spring Break AWAY CFC	28 OFF AWAY CFC
29 OFF AWAY CFC	30 Workout 1A W-Room (3:30)	31 Workout 1B W-Room (3:30)	1 st Football IQ Defense Room 188 (3:30)	2 nd Workout 1C W-Room (3:30)	3 Rd OFF	3 rd OFF

April 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 th OFF	30 th Workout 1A W-Room (3:30)	31 st Workout 1B W-Room (3:30)	1 Football IQ Defense Room 188 (3:30)	2 Workout 1C W-Room (3:30)	3 7 Vs 7 TBD (3:30)	4 Footwork/ Ball Skills Massey Gym (12 Noon) Westie For a day
5 OFF	6 Workout 1A W-Room (3:30)	7 Workout 1B W-Room (3:30)	8 Study Hall TBD (3:30) Leadership Counsel Room 187 (3:30)	9 No School No Meetings	10 Good Friday No Meetings	11 OFF
12 OFF	13 Easter Monday No Meetings	14 Workout 1B W-Room (3:30)	15 Football IQ Offense Room 188 (3:30)	16 Workout 1C W-Room (3:30) Speed School	17 7 Vs 7 Mercer (3:30) Report Cards Westie Raid PLQ MOD 2	18 Footwork/ Ball Skills Massey Gym (12 Noon) Westie Raid PLQ MOD 2
19 OFF Westie Raid	20 Workout 1A W-Room (3:30)	21 Workout 1B W-Room (3:30)	22 Study Hall TBD (3:30)	23 Workout 1C W-Room (3:30) Speed School	24 7 Vs 7 TBD (3:30)	25 Lineman Session Massey (12 Noon)
26 OFF	27 Workout 1A W-Room (3:30)	28 Workout 1B W-Room (3:30)	29 Collaboration Day School Ends 11:30 No Meetings	30 Workout 1C W-Room (3:30) Speed School	1 st OFF	2 nd OFF

May 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 th OFF	27 Workout 1A W-Room (3:30)	28 Workout 1B W-Room (3:30)	29 Collaboration Day School Ends 11:30 No Meetings	30 Workout 1C W-Room (3:30)	1 7 Vs 7 TBD (3:30)	2 Footwork/ Ball Skills Massey Gym (12 Noon)
3 OFF	4 Workout 1A W-Room (3:30)	5 Workout 1B W-Room (3:30)	6 Study Hall TBD (3:30) Leadership Counsel Room 187 (3:30)	7 Workout 1C W-Room (3:30)	8 7 Vs 7 TBD (3:30)	9 Lineman Session Massey (12 Noon)
10 OFF	11 Workout 1A W-Room (3:30)	12 Workout 1B W-Room (3:30)	13 Study Hall TBD (3:30)	14 Workout 1C W-Room (3:30)	15 No School	16 OFF
17 OFF	18 Victoria Day	19 Spring Camp #1 Mercer (3:30)	20 Film/Corrections #1 Rooms 188/187 Study Hall	21 Spring Camp #2 Mercer (3:30)	22 Spring Camp #3 Mercer (3:30)	23 Hyack Parade TBD Westie Parade
24 OFF	25 Spring Camp #4 Mercer (3:30)	26 Film/Corrections #2 Rooms 188/187 (3:30)	27 Spring Camp #5 Mercer (3:30) Study Hall	28 Film/Corrections #3 Rooms 188/187 (3:30)	29 Spring Camp #6 Mercer (3:30)	30 OFF

June 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 st OFF	1 Spring Camp #7 Mercer (3:30)	2 Film/Corrections #4 Rooms 188/187 (3:30)	3 Spring Camp #8 Mercer (3:30) Study Hall	4 Jamboree TBD	5 Jamboree TBD	6 OFF
7 OFF	8 Film/Corrections #6 Rooms 188/187 (3:30)	9 Player Meetings	10 Player Meetings Study Hall	11 OFF	12 OFF	13 OFF
14 OFF	15 Film/Corrections #6 Rooms 188/187 (3:30)	16 Leadership Counsel Room 187 (3:30)	17 Team Meeting 188 (3:30) Study Hall	18 Team Building TBD	19 OFF Last Day Regular Classes	20 OFF
21 OFF	22 Finish School Strong	23 Finish School Strong	24 Finish School Strong	25 Last Day of Classes Report Card	26 OFF	27 OFF
28 OFF	29 OFF	30 OFF	1 st OFF	2 nd OFF	3 rd OFF	4 th OFF

July 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 OFF	29 OFF	30 OFF	1 OFF	2 OFF	3 OFF	4 OFF
5 OFF	6 Warrior Workouts Weight room 10:30 – 11:45 (Linemen After)	7 Warrior Workouts Weight room 10:30 – 11:45	8 OFF	9 Warrior Workouts Weight room 10:30 – 11:45	10 OFF	11 OFF
12 OFF	13 Warrior Workouts Weight room 10:30 – 11:45 (Linemen After)	14 Warrior Workouts Weight room 10:30 – 11:45	15 OFF	16 Warrior Workouts Weight room 10:30 – 11:45	17 OFF	18 OFF
19 OFF	20 Warrior Workouts Weight room 10:30 – 11:45 (Linemen After)	21 Warrior Workouts Weight room 10:30 – 11:45	22 OFF	23 Warrior Workouts Weight room 10:30 – 11:45	24 OFF	25 OFF
26 OFF	27 Warrior Workouts Weight room 10:30 – 11:45 (Linemen After)	28 Warrior Workouts Weight room 10:30 – 11:45	29 OFF	30 Warrior Workouts Weight room 10:30 – 11:45	31 OFF	1 st OFF

August 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 OFF	27 Warrior Workouts Weight room 10:30 – 11:45 (Linemen After)	28 Warrior Workouts Weight room 10:30 – 11:45	29 OFF	30 Warrior Workouts Weight room 10:30 – 11:45	31 OFF	1 st OFF
2 OFF	3 Warrior Workouts Weight room 10:30 – 11:45 (Linemen After)	4 Warrior Workouts Weight room 10:30 – 11:45	5 OFF	6 Warrior Workouts Weight room 10:30 – 11:45	7 OFF	8 OFF
9 OFF	10 Warrior Workouts Weight room 10:30 – 11:45 (Linemen After)	11 Warrior Workouts Weight room 10:30 – 11:45	12 OFF	13 Warrior Workouts Weight room 10:30 – 11:45	14 OFF	15 OFF
16 OFF	17 OFF	18 OFF	19 OFF	20 OFF	21 OFF	22 OFF
23 OFF	24 Fall Camp Day #1	25 Fall Camp Day #2	26 Fall Camp Day #3	27 Fall Camp Day #4	28 Fall Camp Day #5	29 OFF

Sept 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 th OFF	31 st Fall Camp #6	1 Fall Camp #7	2 Fall Camp #8	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20 Family Day	21 Corrections/Tough Film Review W-Room Conditioning	22 Energy/Tempo Game Plan 1 st & 2 nd Down Mercer (3:30)	23 Discipline/Compete Red-zone, Goal-line 2 Minute Mercer (3:30)	24 Finish Walkthrough 3 rd Down, Blitzes, Mercer (3:30)	25 Pay Day Beat Carson Graham Mercer (TBD)	26 Rest- Recovery
27 Family Day	28 Corrections/Tough Film Review W-Room Conditioning	29 OFF	30 Energy/Tempo Game Plan 1 st & 2 nd Down Mercer (3:30)	1 st Discipline/Compete Red-zone, Goal-line 2 Minute Mercer (3:30)	2 nd Finish Walkthrough 3 rd Down, Blitzes, Mercer (3:30)	3 rd Pay Day Beat Seaquem @ Seaquem (TBD)

October 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 th Family Day	28 th Corrections/Tough Film Review W-Room Conditioning	29 th OFF	30 th Energy/Tempo Game Plan 1 st & 2 nd Down Mercer (3:30)	1 Discipline/Compete Red-zone, Goal-line 2 Minute Mercer (3:30)	2 Finish Walkthrough 3 rd Down, Blitzes, Mercer (3:30)	3 Pay Day Beat Seaquem @ Seaquem (TBD)
4 Family Day	5 Corrections/Tough Film Review W-Room Conditioning	6 Energy/Tempo Game Plan 1 st & 2 nd Down Mercer (3:30)	7 Discipline/Compete Red-zone, Goal-line 2 Minute Mercer (3:30)	8 Finish Walkthrough 3 rd Down, Blitzes, Mercer (3:30)	9 Pay Day Beat VC Mercer (TBD)	10 Rest- Recovery
11 Family Day	12 Corrections/Tough Film Review W-Room Conditioning	13 Competitive Day 7 Vs 7 Linemen Games Leadership Counsel	14 Energy/Tempo Game Plan 1 st & 2 nd Down Mercer (3:30)	15 Discipline/Compete Red-zone, Goal-line 2 Minute Mercer (3:30)	16 Finish Walkthrough 3 rd Down, Blitzes, Mercer (3:30)	17 Pay Day Beat South Delta @ SD (TBD)
18 Family Day	19 Corrections/Tough Film Review W-Room Conditioning	20 Energy/Tempo Game Plan 1 st & 2 nd Down Mercer (3:30)	21 Discipline/Compete Red-zone, Goal-line 2 Minute Mercer (3:30)	22 Finish Walkthrough 3 rd Down, Blitzes, Mercer (3:30)	23 Pay Day Beat Belmont @ Belmont (TBD)	24 Rest- Recovery
25 Family Day	26 Corrections/Tough Film Review W-Room Conditioning	27 Energy/Tempo Game Plan 1 st & 2 nd Down Mercer (3:30)	28 Discipline/Compete Red-zone, Goal-line 2 Minute Mercer (3:30)	29 Finish Walkthrough 3 rd Down, Blitzes, Mercer (3:30)	30 Pay Day Beat Notre Dame @ Burnaby (TBD)	31 Rest- Recovery

November 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Family Day	2 Corrections/Tough Film Review W-Room Conditioning	3 Energy/Tempo Game Plan 1 st & 2 nd Down Mercer (3:30)	4 Discipline/Compete Red-zone, Goal-line 2 Minute Mercer (3:30)	5 Finish Walkthrough 3 rd Down, Blitzes, Mercer (3:30)	6 Pay Day Beat Mount Doug Mercer (TBD)	7 Rest- Recovery
8 Family Day	9 Corrections/Tough Film Review W-Room Conditioning	10 Energy/Tempo Game Plan 1 st & 2 nd Down Mercer (3:30)	11 Discipline/Compete Red-zone, Goal-line 2 Minute Mercer (3:30)	12 Finish Walkthrough 3 rd Down, Blitzes, Mercer (3:30)	13 Pay Day Playoffs Week #1 Mercer (TBD)	14 Rest- Recovery
15 Family Day	16 Corrections/Tough Film Review W-Room Conditioning	17 Energy/Tempo Game Plan 1 st & 2 nd Down Mercer (3:30)	18 Discipline/Compete Red-zone, Goal-line 2 Minute Mercer (3:30)	19 Finish Walkthrough 3 rd Down, Blitzes, Mercer (3:30)	20 Playoffs Week #2 (TBD)	21 Playoffs Week #3 (TBD)
22 Family Day	9 Corrections/Tough Film Review W-Room Conditioning	10 Energy/Tempo Game Plan 1 st & 2 nd Down Mercer (3:30)	11 Discipline/Compete Red-zone, Goal-line 2 Minute Mercer (3:30)	12 Finish Walkthrough 3 rd Down, Blitzes, Mercer (3:30)	13 Playoffs Week #3 (TBD)	14 Playoffs Week #3 (TBD)
29 Family Day	30 Corrections/Tough Film Review W-Room Conditioning	1 st Energy/Tempo Game Plan 1 st & 2 nd Down Mercer (3:30)	2 nd Discipline/Compete Red-zone, Goal-line 2 Minute Mercer (3:30)	3 rd Finish Walkthrough 3 rd Down, Blitzes, Mercer (3:30)	4 th Playoffs Week #3 (TBD)	5 th Playoffs Week #3 (TBD)

December 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 th Family Day	30 Corrections/Tough Film Review W-Room Conditioning	1 Energy/Tempo Game Plan 1 st & 2 nd Down Mercer (3:30)	2 Discipline/Compete Red-zone, Goal-line 2 Minute Mercer (3:30)	3 Finish Walkthrough 3 rd Down, Blitzes, Mercer (3:30)	4 Playoffs Week #3 (TBD)	5 Playoffs Week #3 (TBD)
6 Active Rest Focus On School	7 Active Rest Focus On School	8 Active Rest Focus On School	9 Active Rest Focus On School	10 Active Rest Focus On School	11 Active Rest Focus On School	12 Active Rest Focus On School
13 Team Banquet TBD	14 Active Rest Focus On School	15 Active Rest Focus On School	16 Active Rest Focus On School	17 Active Rest Focus On School	18 Active Rest Focus On School	19 Active Rest X-Mas Break
20 Active Rest X-Mas Break	21 Active Rest X-Mas Break	22 Active Rest X-Mas Break	23 Active Rest X-Mas Break	24 Active Rest X-Mas Break	25 Active Rest X-Mas Break	26 Active Rest X-Mas Break
27 Active Rest X-Mas Break	28 Active Rest X-Mas Break	29 Active Rest X-Mas Break	30 Active Rest X-Mas Break	31 Active Rest X-Mas Break	1 Active Rest X-Mas Break	2 Active Rest X-Mas Break