

January 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 NO SCHOOL	4 NO SCHOOL	5 NO SCHOOL	6 NO SCHOOL	7 NO SCHOOL	8
9	10 Weight Room 315-430 RB/WR/QB Skill 430-515	11	12 Weight Room 315-430 OL Skills 430-515	13 Weight Room 315-430	14	15
16	17 Weight Room 315-430 RB/WR/QB Skill 430-515	18	19 Weight Room 315-430 OL Skills 430-515	20 Weight Room 315-430	21	22
23	24 Weight Room 315-430 RB/WR/QB Skill 430-515	25	26 Weight Room 315-430 OL Skills 430-515	27 Weight Room 315-430	28	29
30	31 Weight Room 315-430 RB/WR/QB Skill 430-515					

Updated: June 13, 2022

February 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 PARENTS MEETING Weight Room 315-430 OL Skills 430-515	3 Weight Room 315-430	4	5
6	7 Weight Room 315-430 RB/WR/QB Skill 430-515	8	9 Weight Room 315-430 OL Skills 430-515	10 Weight Room 315-430	11	12
13	14 Weight Room 315-430 RB/WR/QB Skill 430-515	15	16 Weight Room 315-430 OL Skills 430-515	17 Weight Room 315-430	18	19
20	21 NO SCHOOL Family Day	22 NO SCHOOL Pro D Day	23 Weight Room 315-430 OL Skills 430-515	24 Weight Room 315-430	25	26
27	28 Weight Room 315-430 RB/WR/QB Skill 430-515					

March 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Weight Room 315-430 OL Skills 430-515	3 Weight Room 315-430	4	5
6	7 Weight Room 315-430 RB/WR/QB Skill 430-515	8	9 Weight Room 315-430 OL Skills 430-515	10 Weight Room 315-430	11	12
13	SPRING BREAK 14 Weights and Skills 1130-130	SPRING BREAK 15	SPRING BREAK 16	SPRING BREAK 17 Weights and Skills 1130-130	SPRING BREAK 18	19
20	SPRING BREAK 21 Weights and Skills 1130-130	SPRING BREAK 22	SPRING BREAK 23	SPRING BREAK 24 Weights and Skills 1130-130	SPRING BREAK 25	26
27	28 Weight Room 315-430 RB/WR/QB Skill 430-515	29	30 Weight Room 315-430 OL Skills 430-515	31 Weight Room 315-430		

Updated: June 13, 2022

April 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Weight Room 315-430 RB/WR/QB Skill 430-515	5	6 Weight Room 315-430 OL Skills 430-515	7 Weight Room 315-430	8	9
10 Weight Room 315-430 RB/WR/QB Skill 430-515	11	12	13 Weight Room 315-430 OL Skills 430-515	14 NO SCHOOL Pro D Day	15 NO SCHOOL Good Friday	16
17 NO SCHOOL Easter Monday	18	19	20 Weight Room 315-430 OL Skills 430-515	21 Weight Room 315-430	22 7on7 Passing @ Mercer	23
24 Weight Room 315-430 RB/WR/QB Skill 430-515	25	26	27 Weight Room 315-430 OL Skills 430-515	28 Weight Room 315-430	29 7on7 Passing @ Centennial	30

June 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Spring Camp 1 Padded Practice #6 320-530pm	Spring Camp 2 Padded Practice #7 320-530pm	Spring Camp 3 Team Building TBD	4
5	Spring Camp 6 Padded Practice #8 330p – 530p	Spring Camp 7 Padded Practice #9 330p – 530p	Spring Camp 8 Walkthrough 330p – 530p	Spring Camp 9 Scrimmage JV & Varsity vs Belmont @230pm, Mercer.	Spring Camp 10 Film & Wrap Up Meeting 330-500pm	11
12	13 Academic Period	14 Academic Period	15 Academic Period	16 Academic Period	17 Academic Period	18
19	20 Academic Period	21 Academic Period	22 Academic Period	23 Academic Period	24 Academic Period	25
26	27 LAST DAY SCHOOL	28 Summer Training 10:30 - Noon	29	30 Summer Training 10:30 - Noon		

July 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Summer Training 10:30 - Noon	5 Summer Training 10:30 - Noon	6	7 Summer Training 10:30 - Noon	8	9
10	11 Summer Training 10:30 - Noon	12 Summer Training 10:30 - Noon	13	14 Summer Training 10:30 - Noon	15	16
17	18 Summer Training 10:30 - Noon	19 Summer Training 10:30 - Noon	20	21 Summer Training 10:30 - Noon	22	23
24	25 Summer Training 10:30 - Noon	26 Summer Training 10:30 - Noon	27	28 Summer Training 10:30 - Noon	29	30
31						

August 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 BC DAY No Training	2 Summer Training 10:30 - Noon	3	4 Summer Training 10:30 - Noon	5	6
7	8 Summer Training 10:30 - Noon	9 Summer Training 10:30 - Noon	10	11 Summer Training 10:30 - Noon	12 Dead Period	13
14	15 Dead Period	16 Dead Period	17 Dead Period	18 Dead Period	19 Dead Period	20
21	FALL CAMP 22 5:30 - 9:30 PM	FALL CAMP 23 5:30 - 9:30 PM	FALL CAMP 24 5:30 - 9:30 PM	FALL CAMP 25 5:30 - 9:30 PM	FALL CAMP 26 JV: 4 - 5:15 PM Varsity: 5:30-7:30 PM w/ STM	27
28	FALL CAMP 29 5:30 - 9:30 PM	FALL CAMP 30 5:30 - 9:30 PM	FALL CAMP 31			

September 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				FALL CAMP 1 Varsity @ Earl Marriott -1 pm JV: Practice 5-6:30 PM	FALL CAMP 2 Practice 5:30 PM - 9:30 PM (Tweedsmuir and Kelowna Prep)	3
4	5 Practice TBD	6 Practice	7 Practice	8 JV @ Kelowna (3:30 pm) Varsity Practice	9 Varsity Vs Lord Tweedsmuir 700pm Mercer	10
11	12 Practice	13 Practice	14 Practice	15 JV vs South Delta (5:30 pm) Varsity Practice	16 Homecoming Varsity vs Sullivan Heights 700pm Mercer	17
18	19 Practice	20 Practice	21 Practice	22 JV @ Holy Cross (2 pm) Varsity Practice	23 Kushnir Boot Varsity vs South Delta 700pm Mercer	24
25	26 Practice	27 Practice	28 Practice	29 JV vs Mt Doug (1:30 pm) Varsity Practice	30 Varsity vs Abbotsford 700pm Mercer	



October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Practice	4 Practice	5 JV @ Seaquam (3:30 PM) Varsity Practice	6 Practice	7 Varsity vs Seaquam 700pm Mercer	8
9	10 Practice	11 Practice	12 Practice	13 JV vs Lord Tweedsmuir (5:30 pm) Varsity Practice	14 Varsity @ Lord Tweedsmuir (3:30 PM)	15
16	17 Practice	18 Practice	19 Practice	20 JV vs Terry Fox (5:30 pm) Varsity Practice	21 Varsity @ Terry Fox (7:30 PM - Town Centre)	22
23	24 Practice	25 Practice	26 Practice	27 JV vs Centennial (5:30 pm) Varsity Practice	28 Varsity vs Centennial 700pm Mercer	29
30	31 Practice					

November 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Practice	2 Practice	3 JV @ STM (TBD) Varsity Practice	4 Varsity @ STM (7:30 PM - Bby Lakes)	5
6	7 Practice	8 Practice	9 Practice	10 JV Playoffs Wildcard	PLAYOFFS 11 Wildcard Round	12
13	14 Practice	15 Practice	16 Practice	17 JV Playoffs Quarter Finals	PLAYOFFS 18 Quarter Finals	19
20	21 Practice	22 Practice	23 Practice	24 JV Playoffs Semi Finals	PLAYOFFS 25 Semi Finals	26
27	28 Practice	29 Practice	30 Practice			

December 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Practice	2 Practice	3 Provincial Championship @BC Place (Varsity&JV)
4	5	6	7	8	9	10 Awards Banquet @ Roma Hall
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31