

July 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Warrior Workouts Every Mon, Tues, Thurs *11:30 - 1:30 PM	5	6 Warrior Workouts Every Mon, Tues, Thurs *11:30 - 1:30 PM	7	8
9	10 Warrior Workouts Every Mon, Tues, Thurs *11:30 - 1:30 PM	11 Warrior Workouts Every Mon, Tues, Thurs *11:30 - 1:30 PM	12	13 Warrior Workouts Every Mon, Tues, Thurs *11:30 - 1:30 PM	14	15
16	17 Warrior Workouts Every Mon, Tues, Thurs *11:30 - 1:30 PM	18 Warrior Workouts Every Mon, Tues, Thurs *11:30 - 1:30 PM	19	20 Warrior Workouts Every Mon, Tues, Thurs *11:30 - 1:30 PM	21	22
23	24 Warrior Workouts Every Mon, Tues, Thurs *11:30 - 1:30 PM	25 Warrior Workouts Every Mon, Tues, Thurs *11:30 - 1:30 PM	26	27 Warrior Workouts Every Mon, Tues, Thurs *11:30 - 1:30 PM	28	29

- Payment due July 4th for Warrior Workout Program

UPDATED: Jan 4, 2023

August 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	July 31 Warrior Workouts Every Mon, Tues, Thurs *11:30 - 1:30 PM	1 Warrior Workouts Every Mon, Tues, Thurs *11:30 - 1:30 PM	2	3 Warrior Workouts Every Mon, Tues, Thurs *11:30 - 1:30 PM	4	8
6	7 No Workout - BC DAY	8 Warrior Workouts Every Mon, Tues, Thurs *11:30 - 1:30 PM	9	10 Warrior Workouts Every Mon, Tues, Thurs *11:30 - 1:30 PM	11	12
13	14 DEAD WEEK	15 DEAD WEEK	16 DEAD WEEK	17 DEAD WEEK	18 DEAD WEEK	19
20	21 FALL CAMP Team Meeting + Lift 6:00 PM-7:15 PM 7:30-9:40 PM – Practice 1	22 FALL CAMP 4:30 – Meeting/Film 6-7:30 PM - Practice 2 8-9:40 PM - Practice 3	23 FALL CAMP 2 - Weights/Meeting 3-5:30 PM - Practice 4 Q&A w/ Coaches 5:45-6:15 PM	24 FALL CAMP 4:30 – Meetings/Film 6-7:30 PM - Practice 5 8-9:40 PM - Practice 6	25 FALL CAMP 5:30-7:30 PM Varsity practice w/ STM JV Orange/White	26
27	28 FALL CAMP 6 PM - Weights/Film 7:30-9:40 PM- Practice 8	29 FALL CAMP 4:30 - Meeting/Film 6-7:30 PM - Practice 9 8-9:40 PM - Practice 10	30 FALL CAMP 2 - Weights/Meetings 3-5:30PM - Practice 11 *Mandatory Grade 12 Only Meeting* 6-8 PM	31 FALL CAMP 4:30 – Meetings/Film 6-7:30 PM - Practice 12 8-9:40 PM - Practice 13 (Varsity – ½ Padded)	Sept 1 Varsity Game @ Squalicum, WA (7 PM) Depart Mercer @ 2:30 PM	Next Practice Sept 4th – 5-8 PM

- FALL CAMP IS MANDATORY. Players must have a minimum amount of practices before participating in the first game on Sept 1 (Varsity)

UPDATED: Jan 4, 2023

September 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						2
3	4 Practice 5-8 PM	5 Practice 3:30-5:30 PM	6 Practice 3:30-5:30 PM	7 Practice: 3:20 - 5 PM	8 Double Header vs Earl Marriott @ Mercer JVs – 4:45 PM Varsity 7:30 PM	9
10	11 Practice 3:30-5:30 PM	12 Practice 3:30-5:30 PM	13 Practice 3:30-5:30 PM	14 JV vs Holy Cross (Mercer – 5:30 PM) Varsity: 3:20 - 4:45 PM	15 HOMECOMING vs Abbotsford (Mercer – 7:30 PM) JVs: 3:20 – 4:45 PM	16
17	18 Practice 3:30-5:30 PM	19 Practice 3:30-5:30 PM	20 Practice 3:30-5:30 PM	21 JV vs Belmont (Mercer – 4:30 PM) Varsity: 3:20 - 4:45 PM	22 Varsity vs Rutland (Mercer – 7 PM*) JVs: 3:20 – 4:45 PM	23
24	25 Practice 3:30-5:30 PM	26 Practice 3:30-5:30 PM	27 Practice 3:30-5:30 PM	28 JV @ Mount Douglas (Victoria – 3 PM) 9 AM Depart, 9 PM Return Varsity: 3:20 - 4:45 PM	29 Varsity @ Handsworth (2 PM) JVs: 3:20 – 4:45 PM	30

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October 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Practice 3:30-5:30 PM	3 Practice 3:30-5:30 PM	4 Practice 3:30-5:30 PM	5 JV @ Terry Fox (2-3 PM Start) Varsity: 3:20 - 4:45 PM	6 Varsity vs Terry Fox (Mercer – 7:30 PM) JVs: 3:20 – 4:45 PM	7
8	9 Practice 3:30-5:30 PM	10 Practice 3:30-5:30 PM	11 Practice 3:30-5:30 PM	12 JV @ South Delta (3-4 PM Start) Varsity: 3:20 - 4:45 PM	13 Varsity vs South Delta (Mercer – 7:30 PM) JVs: 3:20 – 4:45 PM	14
15	16 Practice 3:30-5:30 PM	17 Practice 3:30-5:30 PM	18 Practice 3:30-5:30 PM	19 JV vs Seaquam (Mercer – 5:30 PM) Varsity: 3:20 - 4:45 PM	20 Varsity @ Seaquam (John Oliver Park 7 PM) JVs: 3:20 – 4:45 PM	21
22	23 Practice 3:30-5:30 PM	24 Practice 3:30-5:30 PM	25 Practice 3:30-5:30 PM	26 JV vs Centennial (Mercer – 5:30 PM) Varsity: 3:20 - 4:45 PM	27 Varsity @ Centennial (7 PM) JVs: 3:20 – 4:45 PM	28
29	30 Practice 3:30-5:30 PM	31 Practice 3:30-5:30 PM				

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November 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Practice 3:30-5:30 PM	2 JV @ STM (Bby Lakes – 2-4 PM Start) Varsity: 3:20 – 4:45 PM	3 Seniors Night vs STM (Mercer – 7:30 PM) JVs: 3:20 – 4:45 PM	4
5	6 Practice 3:30-5:30 PM	7 Practice 3:30-5:30 PM	8 Practice 3:30-5:30 PM	9 JV Wildcard (Time/Location TBD) Varsity: 3:20 – 4:45 PM	10 Varsity Wildcard (Time/Location TBD) JV: 3:20 – 4:45 PM	11
12	13 Practice 3:30-5:30 PM	14 Practice 3:30-5:30 PM	15 Practice 3:30-5:30 PM	16 JV Quarterfinals (Time/Location TBD) Varsity: 3:20 – 4:45 PM	17 Varsity Quarterfinals (Time/Location TBD) JV: 3:20 – 4:45 PM	18
19	20 Practice 3:30-5:30 PM	21 Practice 3:30-5:30 PM	22 Practice 3:30-5:30 PM	23 JV Semifinals (Time/Location TBD) Varsity: 3:20 – 4:45 PM	24 Varsity Semifinals (Time/Location TBD) JV: 3:20 – 4:45 PM	25
26	27 Practice 3:30-5:30 PM	28 Practice 3:30-5:30 PM	29 Practice 3:30-5:30 PM	30 Practice 3:30-5:30 PM	Dec 1 Practice 3:30-5:30 PM	Dec 2 Provincial Championship @BC Place Hyacks Football Banquet (Dec 9 th @ Roma Hall)

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